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OF POLITICS, PEOPLE AND ART

2014
Holiday
Gift Guide

A Better Life

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emergency room use

By Heidi Walters

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MAILBOX

Buhned Out

Editor:

Ryan Hurley spouts some very Demo-snarky comments about Republican Congressional candidate, SoHum resident Dale Mensing ("Buhne Tribune," Nov. 13). Hurley strongly implies that Mensing's candidacy was the hubris-laden work of power binging GOP bosses (I paraphrase). Hurley fails to mention that Mensing was chosen by Republican citizens in a primary election. His platform? The Bill of Rights. In flailing swipes he demeans the hardworking Mensing, a grocery clerk and former postal worker, as a "bag man" for Republican "arrogance run amok." Perhaps Hurley would have rather seen Mensing's primary opponent, Andy Caffrey, go up against Demo incumbent Jared Huffman. Caffrey, another SoHum original, basically ran on a pro-pot platform. Perhaps Hurley might dip into Andy's bag. At least that might mellow him out a bit, keeping arrogance in check.

Andy Barnett, Redway

No Going Back

Editor:

Regarding Thadeus Greenson and Grant Scott-Goforth's Nov. 13 column ("Legalized It"), the days when politicians can get away with confusing the drug war's tremendous collateral damage with a comparatively harmless plant are coming to an end. Marijuana prohibition is indefensible. If the goal of marijuana prohibition is to subsidize violent drug cartels and open a gateway to the hard drugs they sell, prohibition is a grand success. The drug war distorts supply and demand dynamics so that big money grows on little trees. If the goal is to deter use, marijuana prohibition is a catastrophic failure. The United States has almost double the rate of marijuana use as the Netherlands where marijuana has been legally available for decades. The criminalization of Americans who prefer marijuana to martinis has no basis in science. The war on marijuana consumers is a failed cultural inquisition, not an evidence-based public health campaign. It's time to stop the pointless arrests and instead tax legal marijuana.

Robert Sharpe, Washington, D.C.

Dune Messiah

Editor:

I find myself surprised to be in agreement with Mr. Uri Driscoll, ("Mailbox," Nov. 13). As a long standing member of the Friends of the Dunes, I often stand at op-



CARTOON BY TERRY TORGERSON

posite ends with him on the subject of dune habitat use and maintenance.

Having said that, I would stand side by side with Mr. Driscoll to promote his idea to develop the Dog Ranch property into a transition ranch for returning veterans. Their presence, awareness and trail maintenance would change that beautiful piece of coastal dune habitat from a dangerous homeless ghetto into public space to be enjoyed by all.

Roy Henry Marin, Eureka

Aging Well

Editor:

I read with interest your Nov. 6 article, "Sewing a Shroud," about Dr. Michael Fratin's efforts to develop palliative care on the North Coast. As our local population of Baby Boomers ages we are all looking for better ways to maintain a good quality of life. That includes being able to age in our own homes and neighborhoods. The Senior Action Coalition (SAC) is working with the Area 1 Agency on Aging (A1AA) to explore the "Village" concept, an idea that supports people aging in place with just a little support from volunteers and vetted contractors. Not a physical place, a "Village" is a membership organization similar to one first started in the Beacon Hill area of Boston. SAC and A1AA are doing a series of Brown Bag Lunch presentations looking at the possibility of bringing a "Northcoast at Home" "Village" to Humboldt County. Scheduled through the Osher Lifelong Learning Institute "Art of Living" series, the next meeting will be held on Dec. 3 from 12 to 1:30 pm at the Humboldt Bay Aquatic Center.

JoAnn Schuch, Arcata

Comment of the Week

"Ditch your bong if you see him coming?" Is this what passes for journalism at the NCJ? Please stop hiring children to write your articles."

— Jamie Wayne Schuttmutter doesn't like the jokey Facebook teaser on "HSU's New Big Cop on Campus."

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a wolverine

same thing.

— Monte Merrick

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News

Eureka, Meet Your Captains

Police promotions aimed at access and accountability

By Thadeus Greenson

thad@northcoastjournal.com

Eureka Police Chief Andy Mills' plans for overhauling the department, and the way it polices, will largely rest on the shoulders of two officers: Stephen Watson and Brian Stephens, two men Mills recently promoted to the rank of captain.

Back in February — just a few months after he'd left the sunny streets of San Diego for the gray skies of Eureka — Mills announced his intent to restructure the department, turning to a geographic policing model that would split the city in two, with one captain overseeing each area. The idea, Mills said at the time, is based on "accountability methodology" and, when done right, offers a host of benefits. It will allow the captains to better understand the nuanced crime problems in their areas, Mills said, and will make the captains individually accountable for making sure they are being addressed. Additionally, he said, the new structure will give citizens a specific person to contact with their problems.

Coupled with a new crime data management system the department is hoping to acquire next year that will allow it to track crimes by time, type and location, the new structure is designed to result in a more proactive police force that's better connected with the community it's tasked with protecting. "It should be a more seamless process, allowing us to better identify problems, as opposed to just responding to incidents," Mills said back in February.

After a lengthy process that included internal testing and interviewing, a trio of panel interviews in which candidates for captain were questioned by community members, city department heads and law enforcement professionals from outside the ranks of EPD, Mills tapped Watson and Stephens for the posts. (Full

disclosure: This reporter participated in the community interview panel and scored the candidates' responses. As a part of the process, he agreed not to discuss details of the panel interviews.)

In promoting Watson and Stephens, Mills has tasked men with contrasting styles and histories within the department to chart its course forward. Stephens is a former member of EPD's SWAT team who has worked in Eureka his entire career and found his professional legs in the organization that Mills is now trying to reform. Watson, on the other hand, began his career as a sheriff's deputy in Santa Cruz County. A relative newcomer, he came to EPD in 2005, and quickly became the face of its community policing efforts after being tasked by former Chief Garr Nielsen with leading the department's Problem Oriented Policing team and acting as its media spokesperson.

Both Stephens and Watson said their success will largely hinge on the connections they are able to forge with the community. In that vein, the *Journal* recently chatted with EPD's new captains to get an idea of their backgrounds, and their feelings on the state of the department and its direction.

Brian Stephens

Born and raised in Kentucky, the 41-year-old Stephens joined the U.S. Army in 1993 and served with the Military Police until 1998, when he moved to Humboldt County, where his wife is from. Having enjoyed the service and the feeling of being a part of something bigger than himself, Stephens said he decided to enroll at the College of the Redwoods Police Academy with his sights set on joining EPD or the sheriff's

continued on page 8 ►

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News

continued from page 6

office. Ultimately, he said he opted for EPD because he enjoyed the more “urban” environment.

Stephens has worked his way up through the ranks of EPD, serving on its SWAT team and acting as a field training officer. Folks will likely recognize Stephens’ name from his involvement in the September officer-involved shooting death of Thomas “Tommy” McClain, who was shot and killed by an officer after allegedly reaching for a realistic-looking BB gun in his waistband. The incident, which occurred during a surveillance operation being carried out under Stephens’ direction, remains under investigation, though Mills has said the officer’s actions appear to have been justified. The fatal shooting represents the second in recent years at which Stephens was present but didn’t fire his weapon, as Stephens was also on scene for the 2010 shooting of David Sequoia, who was fatally shot by officer Patrick Bishop and Sgt. Rodrigo Reyna-Sanchez as Sequoia struggled with another man over a handgun in a carport. The California Department of Justice investigated that incident, and officers were found to have acted appropriately.

Stephens is tasked with overseeing policing efforts in the area of Eureka south of Seventh Street, which includes the bulk of the city’s residential areas, as well as the Henderson Center business district. The new captain said his first order of business will be getting his boots on the ground and talking to people, adding that he’s already got a day of door-to-door visits planned. “I just want to introduce myself, become a conduit for the community and hear first-hand what people’s concerns are,” he said, adding that he already knows property crimes are “constantly plaguing citizens.”

Having been with EPD through a number of leadership changes, Stephens said he’s excited with the department’s direction under Mills, noting the chief brings a wealth of new ideas to the table. “The direction we’re going, I think, is ideal,” Stephens said. But change, Stephens said, will take some time and community perception will be the ultimate barometer of the department’s success. “When our community starts telling us that they feel safer and that they can feel the change, I think that’s when we truly know we’re on the right path.”

Stephen Watson

Born and raised in Fortuna, the 43-year-old Watson took a circuitous route to police work. “I left home at 18 to join the Army and see the world, and they sent me to Kansas,” he said with a chuckle, adding that he got his honorable discharge before enrolling in college. After getting a degree in church leadership, and then an elementary education teaching credential, Watson spent some time as a long-term substitute. It wasn’t a fit. “I decided to do a job that was easier and safer than teaching, so I went into law enforcement,” he joked. Watson soon found himself working as a deputy in Santa Cruz County, where he stayed for seven years, which included stints on the county’s SWAT team and in its community policing division as a school resource officer.

Longing for life in Humboldt County, Watson and his wife packed up and came back, with him taking a position at EPD in 2005. He’s quickly worked his way up the ranks, overseeing the start of the POP team and working as a field training officer.

In his new role as captain, Watson will be tasked with overseeing the area north of Seventh Street, which includes pretty much all of the U.S. Highway 101/Broadway corridor, as well as Old Town Eureka and much of the greenbelts and other areas that draw homeless encampments. Watson said he’s already had a chance to talk to some community groups and organizations, and says the primary issues in the district seem pretty much unchanged from when he did a community policing survey as a part of the POP team about four years ago: drug-related crimes, property crimes, transient issues and traffic problems. Watson said he sees the drug issues and the property crime issues to be hugely connected, adding that what most in the community complain about as “transient issues” really stem from those homeless people with substance abuse and mental health issues.

Ultimately, Watson said tackling these will have to be a community endeavor. “We can’t arrest our way out of the problem,” he said. “That’s not going to happen. That’s very clear.”

Both Watson and Stephens said they are eager to hear from and connect with community members and urged those who might see them out and about to introduce themselves and tell them about neighborhood concerns. ●

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newsletters

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VIEWS

Voter Turnaway

By Ryan Emenaker

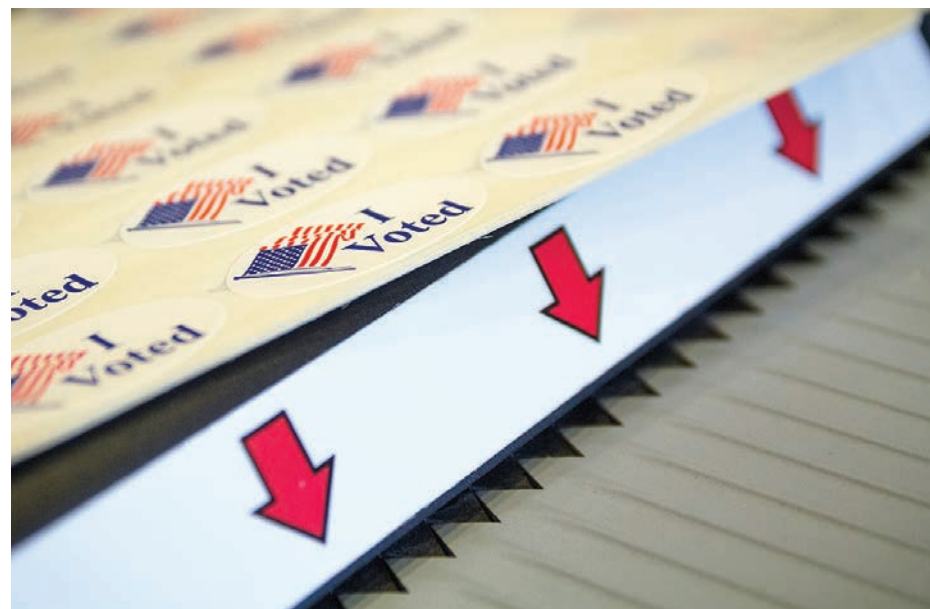
newsroom@northcoastjournal.com

Elections ignite two passions in Americans: the desire to predict the winners and the need to fret about low voter turnout. The two are connected. The easiest prediction to make about United States elections is that turnout will be low. U.S. voter turnout consistently ranks among the lowest in the developed world. The United States Election Project estimates that only 36.4 percent of the voting-eligible population (VEP) cast a ballot this November. This makes the 2014 electoral turnout low even by American standards.

Not since 1942 have fewer cast ballots in a midterm election.

However, we should put this low turnout discussion into context. Over the past century, the difference between midterm elections considered to have high turnout and those considered low is minute — we celebrate a midterm election with 42 percent turnout and bemoan one with 38 percent. But such differences are trivial in a comparative perspective; Australia surpassed 95 percent turnout in recent elections and France topped 84 percent. We could add a litany of other countries to this list. If the United States saw 80 percent turnout, would we be so concerned if it dropped to 76 percent for one election cycle? The minuscule difference between high- and low-turnout elections indicates we should shift our focus to asking why U.S. elections *generally* have low turnout, rather than lamenting that 2014 was slightly lower than normal.

The general argument for why U.S. voter turnout is low compared to the rest of the world focuses on Americans' apathy. Here are some reasons to be skeptical of such arguments: In the United States we vote for more offices than any other country and almost no other country has primary elections. In the U.S., we go to the polls twice to decide a single election. Also, there are more than 520,000 elected offices at the local, state and national level in the United States, which equates to about one elected official for every 590 Americans. In other countries people vote less often, for fewer offices. Consequently, in other countries every vote cast has a large impact. The concept that frequent elections lead to low turnout is referred to as "voter fatigue." If you average the voters that turn out over



BEMOANING LOW ELECTION-TO-ELECTION TURNOUT IS MISSING THE POINT.
PHOTO BY MANUEL ORBEGOZO

three or four election cycles, U.S. turnout doesn't look quite as bad.

Probably more important than voter fatigue is the United States' emphasis on personal registration requirements that necessitate registering some days or weeks in advance of the election. In most countries registration is automatic. Canada, for example, has 93 percent of its population registered because it uses automatic registration; in the United States only 68 percent of eligible voters are registered. High registration rates lead directly to high turnout rates. No state automatically registers people, but 10 states do offer same-day-registration, which allows people to vote on the spot. For 2014, seven of the nine states with the highest voter turnout had same-day-registration and, in the 2012 presidential election, states with same-day-registration had 71 percent turnout compared to 59 percent in states without.

Finally, turnout for elections is driven by the competitiveness of an election. When an election is close, people feel their vote matters and campaigns invest in getting people to the polls. There were very few competitive elections this fall compared to other years. The Cook Political Report rated just 38 of 450 House races as competitive. This means that in 412 congressional districts there were few

advertisements and few campaign staffers making sure people were registered and "dragged" to the polls. Although this midterm election set a record with \$4 billion in campaign spending, those dollars weren't distributed throughout the country. The *New York Times* reported "that just 25 contests account for 80 percent of all reported outside spending" for this election. In a few places there were serious get-out-the-vote efforts with lots of campaign spending. Consequently, those places saw high voter turnouts. In places where little campaigning occurred, people seemed to forget there was an election.

Close elections also seemed to spur high turnouts. For example, Colorado and Alaska had 53 percent and 55.3 percent turnout, respectively. The campaigns in these states spent money and got people to the polls. California had no U.S. senators on the ballot, and the gubernatorial race could have been predicted two years ago. In this noncompetitive election, California saw only 31.8 percent of its registered voters cast ballots. Given that California is by far the most populated state, its dismal turnout single-handedly drove down the national average. If California's percentages are removed from the calculation of the national total, the country's turnout rate increases to 37 percent, which isn't much lower than many of the

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midterm elections over the last 30 years.

Given that Humboldt County is in a noncompetitive state without same day registration, where voters are recovering from a June primary, the county's 37 percent turnout isn't that bad. There are also enough ballots that remain to be counted that the turnout could even go above 40 percent.

There are a number of people who argue elections don't matter anyway; if they are correct, then low voter turnout is irrelevant. And it is true that a Humboldt County voter had little reason to show up to cast a ballot for governor, Congress, State Assembly or State Senate. The outcomes were a given. Although I find it strange that in the election where a person's vote counts the least — the election for electors to select the president — voter turnout is always the highest. In elections where people's lone vote matters the most — local elections for school boards, special districts or city councils — turnout often drops below 20 percent. In many local elections there are only a couple thousand voters and, sometimes, only a few hundred. An individual's vote in small elections like these can actually influence outcomes. Still, people consistently vote in elections where their votes count the least. This seems to imply that people aren't making well-calculated choices to refrain from voting because they believe their vote doesn't count. The high turnout in presidential elections over local ones implies to me that voter fatigue combined with a lack of voter information and get-out-the-vote efforts play a huge roll in driving down turnout.

The turnout for the November election was low, but the turnouts for all U.S. elections are low. It is this trend, not the uniqueness of the 2014 election, that is the real story. As a country and a state, if we want to increase turnout we could introduce: same-day registration, automatic registration, voting on weekends, making election-day a holiday, establishing more competitive districts, and other potential reforms. But discussing mundane reforms doesn't ignite much passion. It is much more exciting to predict electoral outcomes and complain about low turnout. ●

Ryan Emenaker is a professor of political science at College of the Redwoods. His research focuses on U.S. politics, constitutional law and American political development. He was also recently named CR's "Best Professor" by North Coast Journal readers.

Have something you want to get off your chest? Think you can help guide and inform public discourse? Then the North Coast Journal wants to hear from you. Contact us at editor@northcoastjournal.com to pitch your column ideas.

COMMUNITY

Housing for the Homeless

Every folding chair was filled at the Eureka Women's Club Saturday, Nov. 15 as politicians, activists, community organizers and concerned citizens gathered for the Affordable Homeless Housing Alternatives Forum. The forum featured a presentation on creating alternative housing villages followed by workshops and a call to action.

Andrew Heben, a co-founder of Eugene, Oregon's Opportunity Village, delivered a short slideshow presentation. The affordable village model is a cluster of small homes with a communal kitchen, bathrooms and a democratic system of management. It costs, Heben says, \$3 a night to house a person there, with a third of the money supplied by the residents themselves. The rest of the money is contributed by private charitable organizations. The total cost per year to house 15 people in an affordable village model? About \$29,000, just a hair under the estimated amount taxpayers pay every year to cover the costs associated with one person's chronic homelessness.

The affordable village model does have some drawbacks. Opportunity Village does not allow children. It may not be appropriate for the drug addicted or mentally ill, if these residents are disruptive to the communal atmosphere. And it's supported by private benefactors, not government funds. (See "It's Time for an Opportunity Village," Nov. 6.)

"This is a conversation that has to be had," said Supervisor Virginia Bass, who was in attendance. "It's exciting to see how many people are willing to talk about this issue. Resolving it will be challenging,

but anything worth doing is a challenge."

Nezzie Wade, a sociology professor at Humboldt State University and co-founder of AHHA, opened the event with some sobering numbers. As many as 1,600 people in Humboldt County have nowhere to get "safe, legal sleep." These figures include more than 200 children. Wade said that momentum around this issue is growing.

"As we enter the cold and wet season, and as we enter the holidays when people's hearts might be a little more open, it's increasingly important to highlight the complex issues around prosperity and poverty."

The next meeting to address these issues is scheduled for Dec. 6 from noon to 3 p.m. at the Jefferson Community Center, 1000 B St. in Eureka.

— Linda Stansberry

COMMUNITY / GOVERNMENT

Push for Coroner/Sheriff Consolidation

The board of supervisors voted unanimously on Nov. 14 to begin the process of consolidating the sheriff's and coroner's offices, following an announcement from Coroner Dave Parris that he will retire in January. The board asked the county administrative officer to draft an ordinance that would fold the employees and functions of the coroner's office into the sheriff's department, and create one elected sheriff/coroner position.

Humboldt County has had an independently elected coroner since 1905, and has mulled consolidation at least four times in the last 35 years, according to a staff

report. The move could potentially help cash-strapped and overworked coroner's office employees.

In announcing his retirement, Parris (who was re-elected to the position in June) said the coroner's office is severely underfunded and recommended consolidation. (See "Last Rites," Sept. 25.)

Sheriff Mike Downey also expressed support for the consolidation, though he said he would not accept a temporary appointment to the coroner position.

See more details from the county staff report and Parris' announcement at www.northcoastjournal.com.

— Grant Scott-Goforth

COMMUNITY / EDUCATION

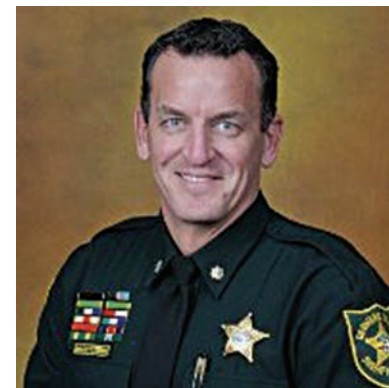
Big Cop on Campus

Humboldt State University reached all the way across the nation to pluck its new chief of police, Donn G. Peterson, a major in the Broward County (Florida) Sheriff's Office, who will begin at HSU in January.

According to the HSU *Lumberjack*, Peterson was appointed the position but still needs to pass a background check. Current Chief Lynne Soderberg will stay on until Peterson has comfortably transitioned to the area.

Peterson is apparently a California boy — he graduated from Analay High School in Sebastopol in 1982, according to his resume — but he attended police academy and served as a commander, captain and major in South Florida for the past 25 years.

In 2011, Peterson rescued a baby during a standoff in Pompano Beach, according to CBS Miami.



UPD CHIEF-TO-BE DONN G. PETERSON.
LINKEDIN

"Peterson, a SWAT commander, was able to use various tools he found in the back yard of the home to rip a hole in the back wall of the house and gained access into a room where the baby was alone in a bassinet," the report reads. "Peterson was able to leave the home with the baby without alerting [the suspect], who was elsewhere in the house, police said."

Peterson's family is in academia, according to a cover letter, and he's an experienced law enforcement instructor.

"My leadership style is to lead-by-example," he wrote. "As a proponent of leadership development and succession planning, I consider myself to be eminently approachable with effective communication and listening skills. I'm both a problem solver and a self-starter."

Peterson beat out more than 40 applicants for the job, including Sonoma State University Deputy Police Chief Sally Miller, who was a finalist.

— Grant Scott-Goforth

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Cannabis Commercialization

By Grant Scott-Goforth

grant@northcoastjournal.com

"Do I hear 2,000?" America's first pot auction netted the Washington proprietor of Fireweed Farms about \$600,000 on Saturday, Nov. 15.

According to the *Tri-City Herald*, Randy Williams sold about 300 pounds of bud "so he could spend time with his grandson instead of packaging marijuana" all winter long.

A state Liquor Control Board representative on scene told the *Herald* it was a "well-organized event."

Around 100 people reportedly attended the auction, forcing Williams to rent a parking lot to accommodate the bidders. If California legalizes marijuana in 2016, local auction caller extraordinaire and Supervisor Rex Bohn may have to update his cattle rattle. "Going, going, ganja," anyone?

Secondhand marijuana smoke could be as dangerous as secondhand tobacco smoke, according to a new study released by the University of California, San Francisco.

Head cardiology researcher Matthew Springer told *FoxNews.com* that tests performed on rats indicate pot smoke could harm blood vessel functions in humans, similarly to the way tobacco smoke does. But it wasn't the THC in the smoke affecting blood flow, meaning eating pot food wouldn't carry the same risks.

In perhaps a testament to the inspiring power of marijuana, the Fox reporter wrote, "Springer said he thought to explore the potential effects of secondhand marijuana smoke a few years ago while attending a Paul McCartney concert."

Nevada is hoping to cash in on pot tourism by allowing card-carrying medical marijuana patients from any U.S. state to purchase weed in Silver State dispensaries.

The move is clearly a gambit to encourage pot purchases in Las Vegas, which sees 40 million visitors a year. Rhode Island and Maine offer similar reciprocity, according to *USA Today*, but Vegas is the first mega-destination to

lure high rollers. No need to sweat through airport security for your next weekend trip to Sin City.

Stoners in rural Alaska, meanwhile, are still uncertain how they'll be able to get newly legal recreational pot. Many remote Alaskan communities rely on airplanes and boat travel to connect to population centers, where goods and services are centralized (including, presumably, weed).

But federal laws still govern much of that travel, and the *Alaska Dispatch News* reports that many people are unsure just what policies will be in place for marijuana transport by air and sea.

The TSA currently reports contraband to local law enforcement, who determine if there's a crime involved, according to the *Dispatch*. And federal prosecutors have indicated they won't seek charges on minor marijuana offenses in states where it's been legalized. But the Coast Guard has said it will continue to enforce marijuana laws on Alaska's marine highways.

There's a good debate over on the *New York Times* opinion pages about the economy of legal marijuana. "Is 'Big Marijuana' Inevitable?" the editors ask — and it's an important question.

One author wants to see cannabis reform continue in the "grow and give" model (which Washington, D.C. just approved, making it legal to grow and possess marijuana, but not sell it). Letting it into the hands of profiteers would increase drug abuse and illegal exports, he argues.

Others say that only with commercialization comes the consumer safety, protections and convenience of a modern marijuana market, and that governments can use income from regulated marijuana to specifically redress decades of wrongs from the war on drugs, funding programs to help communities hit hardest.

Another says that big tobacco's deceitful marketing — finally reformed in recent years — is poised to re-emerge with big marijuana. "A drug that once epitomized the counterculture now seems to be making its way into Wall Street boardrooms," he writes. "And that cannot be good for any of us."



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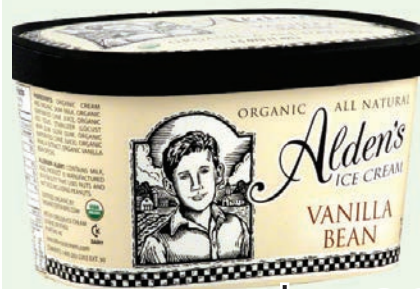
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**Organic
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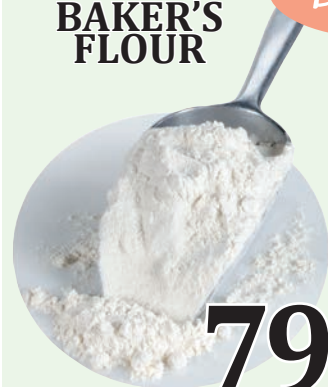
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A Better Life

Providers coordinate
to stop the cycle
of excessive
emergency room use

By Heidi Walters



LINDA COSEY WAS ONE OF THE PATIENTS WHO WENT THROUGH THE HUMBOLDT SUPER UTILIZER PROJECT, WHICH AIMED TO REDUCE THEIR EXCESSIVE EMERGENCY ROOM USE BY COORDINATING THEIR HEALTH CARE AND HELPING THEM RESOLVE SOCIAL ISSUES.

PHOTO BY HEIDI WALTERS

The seizures started in the spring of 2013, right after Linda Cosey had two surgeries to remove a tumor from her spine and then rebuild her neck. They continued for months. Each time, her son, with whom she was living at the time, called an ambulance or took her to the emergency room himself. Cosey figures she must have gone to St. Joseph Hospital's ER at least 30 times that year. "I would just shake," says Cosey, a petite 54-year-old with a soft, deliberate voice and shy smile. "I was always aware of what was going on. It was so scary, and there was nothing I could do about it. One day I had one that lasted at least four hours. I was exhausted."

Cosey sits stiffly on a black leather couch, her walker in front of her, inside her sparsely elegant, black-and-white-themed apartment at Silvercrest, an assisted-living residence in Eureka generally for low-income seniors. It's a sunny October day and a golden sweep of grass and trees is visible through Cosey's window.

"I wish I could get out there and walk," she says wistfully.

Cosey has neurofibromatosis, a genetic disease that causes tumors to grow on her nerves. It was discovered when she was 23 years old, and she had her first surgery at 28 to remove a tumor from her leg. Since then she's had at least 12 surgeries to remove tumors. One in 1991 left her right arm crippled; she'd been about to finish nurse training and had a job lined up, but had to abandon that dream.

She was mostly fine, otherwise, she says, until the surgeries in spring 2013; afterward, she couldn't walk unassisted, her right arm was completely paralyzed and her left arm was so weakened that now she can't grip things very well. And her neck hurts so much that she takes a prescribed synthetic morphine.

Cosey is no stranger to hospitals. But these seizures, and the repeated trips to the emergency room, were a new experience. She was thoroughly frustrated by the time she met nurse Donna McQueen, who came into her room at the ER in August 2013 and asked her if she wanted to take part in a program that might help her stop the cycle of ER visits.

She said yes. And by 2014 she was no longer having seizures. Her life had begun to improve in other ways, too.

Cosey was one of 29 patients who took part in the Humboldt County Care Coordination for Emergency Department Super-Utilizers project, a

two-year pilot program that ended this summer and was funded by a \$200,000 grant from the Robert Wood Johnson Foundation. Five other communities in the nation received similar grants; Humboldt was the most rural.

"Super utilizers" refers to people who use the emergency room excessively. They're also called "frequent flyers." Nationally, they are the sickest 5 percent of patients and, according to the foundation, responsible for more than 60 percent of health care costs. The project's aim was to coordinate these patients' health care so its quality, and their health, improved enough to keep them out of the ER. It was based on an approach developed by a family practitioner in Camden, New Jersey.

Patients were added to the program throughout the two-year period, so data for many of them are still being crunched. But raw results for 18 of the patients revealed a 70-percent drop in their emergency room visits in the six months after joining the project, compared with visits the six months before, and a corresponding nearly 100 percent drop in unreimbursed costs. And, post-project, new initiatives have arisen to continue working with people who use the ER too much, using lessons learned in this pilot project.

The project sprang

from another initiative by the Robert Wood Johnson Foundation called Aligning Forces for Quality, which gave 16 communities across the country — including Humboldt County — money to design projects to improve the health care experience for patients and providers and reduce health care costs. These projects include finding ways to: engage patients in their own care; coordinate the efforts of health care providers; and collect and publicly report data on quality of care, costs, procedures and more.

Aligning Forces Humboldt began in 2008 and is led by the California Center for Rural Policy at Humboldt State University. The Humboldt-Del Norte Independent Practice Association (IPA) and St. Joseph Hospital are close collaborators. Its projects have included workshops for people with chronic conditions and an awareness campaign to encourage residents to get screened early for colon cancer (a regular killer here in Humboldt). In 2011, the Robert Wood Johnson Foundation started a new initiative to work specifically with patients who use the emergency room excessively, and awarded six of

the Aligning Forces communities more grant money to develop models for such patients. Besides Humboldt, the other five are Greater Boston, Cleveland, Cincinnati, Maine and West Michigan. The models these communities come up with to improve health care quality and reduce costs are going to be used to develop a web-based guide for other communities to follow. Humboldt's will specifically be useful for rural communities.

The communities were coached by staff from the Camden Coalition, an organization founded by Dr. Jeffrey Brenner. In the late 1990s, Brenner was a young family doctor working in Camden, New Jersey, a poor, crime-ridden community. He gathered data from his city's hospitals, mapped it out geographically, and discovered, as he put it in a story on the Robert Wood Johnson Foundation website, "an unbelievable story of wasteful, disorganized services."

"Somehow good doctors were going to work every day at good hospitals and delivering a very disorganized set of services," he said. "My patients were in those data. They weren't getting their needs met."

He noticed that almost half of Camden's residents were going to the ER for head colds, sore throats and the like. And he discovered that 20 percent of the city's patients accounted for 90 percent of the costs. And he discovered hotspots — such as some of the sickest, most-ER-visiting patients, all living in the same senior residence.

The foundation sponsored Brenner to start the Camden Coalition, and he began finding these patients and working intensively with them and their various health care and social services providers. Resolving their social issues became key to his approach, and coordinating their various care providers' efforts, so he developed a care management team of nurses, social

Top 50 Emergency Room Users

More than
1,359
Total visits to ER in 2011

82
Visits made by top user in 2011

56%
Women

54%
41-85 years old

30
Had an identified
primary care provider

Most
Had Medicare
and/or Medi-Cal

SOURCE: ALIGNING FORCES
FOR QUALITY

workers, community services providers and health coaches. The patients he worked with began using the ER less. A happy side effect, Brenner found, was that their health care costs drastically declined.

In Humboldt, project leaders first studied St. Joseph Hospital patient data from 2011. They focused on the top 50 users of the emergency room — who collectively made 1,359 visits to the ER that year, with one patient accounting for 82 of those. They looked for hotspots. And they found one, with a pattern that was surprising in many ways, says Sharon Hunter, a nurse with St. Joseph Hospital for 29 years who was in charge of the hospital's Care Transitions Program at the time of the project (she recently went back to school and works part-time now at the hospital as an adviser). Of the 50 top ER users, 30 actually saw a primary care provider regularly, too

— something not at all expected — with most going to the Eureka Community Health Center. Most were covered by publicly funded insurance (Medicare and Medi-Cal) — not uninsured, as had also been expected. Yet they went to the ER most often on Wednesdays during the daytime, mostly with complaints of joint pain, headaches or abdominal pain — not at night or on weekends when their provider's office might not be open. They tended to be between 40 and 60 years old and to have complex and sometimes multiple medical problems for which they were also being treated.

They weren't predominantly homeless, as one might expect of ER frequent flyers, although a few were and many were at risk of being homeless. The project team — comprised primarily of Priority Care, Care Transitions and Eureka Community Health Center — decided to focus on the high-ER users who had regular providers and insurance and complex

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ON THE COVER

continued from previous page

medical conditions, and to coordinate with health, mental health and social service providers and others in the community to figure out why they were using the emergency room so much. Rosemary den Ouden, chief operating officer for the Humboldt-Del Norte IPA and the project manager, hastens to say that it was “not the patients’ fault in any shape or form.”

As Hunter puts it, “We wanted to find out, ‘What is it about our current health care system that failed for them?’”

Between July 1, 2012 and June 30, 2014, the team slowly built a caseload of 29 patients. And they began tackling each patient’s issues intensively, with lots of hands-on, coordinated attention.

The project revolved

around a nurse-led team approach. As in Cosey’s case, the patients’ first contact in the project was usually Donna McQueen, the Care Transitions nurse the hospital hired specifically to work with excessive ER users. McQueen, a long-time emergency and urgent care nurse who favors Western snap shirts and silver jewelry, would introduce herself to them when they came into the ER. She’d sit beside them and, in her warm and friendly manner, explain all of the ways she, and others, could help them. If they agreed to participate in the project, she enrolled them and began finding out more about them, building a relationship. She made twice-weekly home visits, sometimes with the social worker intern hired for the project, and often met family members. She talked to patients about their goals in order to devise a focused care plan — Cosey, for instance, wanted to stop having seizures and to improve her mobility. And McQueen went with patients to their doctors appointments, prepping them beforehand, taking notes there, interpreting the medical jargon for them, helping reconcile their medications from various providers, and more. If the patient seemed in need of mental health or behavioral counseling — for depression, say, or addictions — McQueen made sure someone skilled in those disciplines sat in on the patient’s regular provider appointments.

McQueen, the social worker and later the Priority Care nurse also connected patients to community services. Some needed housing, or transportation. In Cosey’s case, she was living with her son



ABOVE BI-WEEKLY PROVIDER “HUDDLES” STARTED DURING THE SUPER UTILIZER PROJECT CONTINUE, NOW COORDINATED BY OPEN DOOR-EUREKA COMMUNITY HEALTH CENTER’S NEW HEALTH CONNECTIONS. SOME PARTICIPANTS, PAST AND PRESENT (CLOCKWISE FROM THE LEFT): JOY VICTORINE, SOCIAL WORK COORDINATOR WITH ST. JOSEPH HOSPITAL’S CARE TRANSITIONS; MIKE FINAMORE, A NURSE AND THE NEW MANAGER OF ST. JOSEPH HOSPITAL’S CARE TRANSITIONS; DONNA MCQUEEN, ER COMPLEX CARE LIAISON NURSE AT ST. JOSEPH AND REDWOOD MEMORIAL HOSPITALS; LYNNE BECKER, A PSYCHIATRIST AND DIRECTOR OF BEHAVIORAL HEALTH AT OPEN DOOR; NURSE SHARON HUNTER, FORMER MANAGER AND NOW AN ADVISOR TO ST. JOSEPH HOSPITAL’S CARE TRANSITIONS PROGRAM; JANIS POLOS, NURSING DIRECTOR AT OPEN DOOR AND HUDDLE HOST; AND HEALTH CONNECTIONS HEALTH COACHES LAURA SALERNO AND CHRISSY MOTZNY. PHOTO BY HEIDI WALTERS



ROSEMARY DEN OUDEN, CHIEF OPERATING OFFICER FOR THE HUMBOLDT-DEL NORTE INDEPENDENT PRACTICE ASSOCIATION, WAS THE HUMBOLDT SUPER UTILIZER PROJECT’S LEAD MANAGER. PHOTO COURTESY OF ROSEMARY DEN OUDEN

and 10-year-old granddaughter in an upstairs apartment, and to get up and down the stairs Cosey had to hand her walker to her son and hoist herself along the railing with her weak left arm. Her son had taken several months off work to help his mother after her surgeries. McQueen said he was really helpful when

RIGHT DONNA MCQUEEN, EMERGENCY DEPARTMENT COMPLEX CARE LIAISON NURSE AT ST. JOSEPH AND REDWOOD MEMORIAL HOSPITALS, WAS THE PATIENTS’ FIRST CONTACT IN THE SUPER UTILIZER PROJECT, AND CONTINUES TO WORK CLOSELY WITH ER PATIENTS WHO NEED EXTRA HELP SUCH AS COMMUNITY SERVICES.

PHOTO BY HEIDI WALTERS



\$13 billion

Unreimbursed care covered by hospitals in California annually

SOURCE: CALIFORNIA HOSPITAL ASSOCIATION

she started meeting with Cosey. But eventually he had to return to his job as manager of a store at the mall. And the stairs were a big issue. So the social worker filled out an application for Cosey to live at Silvercrest, and she moved into her own apartment this July.

The project also secured a free Angel

Flight to San Francisco for Cosey last winter to have surgery to remove a tumor from her leg, and set her up for eight weeks of physical therapy afterward.

“I think she was really happy to have someone as an advocate,” McQueen says.

McQueen spent up to six months with each patient, and then gave him or her a “warm hand-off” to the nurse case manager with the IPA’s Priority Care program, where the intensive coaching and care coordination continued. While Care Transitions is a short-term program, Priority Care is a long-term program and has its own regular caseload of about 400 patients. Some patients continued with Priority Care for the duration of the program, and some were eventually handed off to their primary care providers (usually Eureka Community Health

Average 6-month charges

PRE-ENROLLMENT

POST-ENROLLMENT

\$109,851 » \$3,788

Unreimbursed amount paid by St. Joseph Hospital:

\$36,674 » \$1,265

Center). A few dropped out and didn't finish the program.

One of the things Jenifer King, a care manager nurse with Priority Care, says she also did with her patients, like Cosey, was have them phone her first whenever they had the urge to dial 911.

"If she'd call and say, 'I'm thinking about going to the ER,' I'd say, 'You went to ER last week; how did it help you?'"

And then she'd help the patient get over to his or her primary care provider if the situation truly was an emergency.

All of these providers — nurse care coordinators, primary care providers, behavior and mental health specialists, social workers — held bi-weekly huddles to talk about program issues and refine their approach. They also met frequently to talk about specific cases. These huddles not only improved coordination of the patients' care, but made things easier for the providers — and served as a support group for them. "Getting people to follow through and do the things you ask them to sometimes is very difficult," says King. "You're working hard on their behalf and yet sometimes they don't follow through; you learn to care for them, but you need them to be active in their health care."

As the project progressed, more patterns emerged that indicated where some of the gaps in care were occurring.

The team found, for instance, that the hospital emergency department had actually been writing care plans for the patients, and so "were doing a good job in trying to care for these patients," says den Ouden. "But nobody knew they were doing this so nobody else saw these plans."

The team also found that many of the patients had underlying mental health issues, or behavioral issues such as addic-

tions, and yet lacked easy access to behavioral and mental health services.

"The county mental health department does a great job," says Hunter, "but their programs are pretty structured, and people have to be willing to go [to them] for help. So we started working

with the county mental health department to see how mental health could be included in a more seamless way. And that was a success. Eureka Community Health Center hired a mental health staff person, and as our patients came into their primary health care appointments, she'd be included in their appointments. She'd be introduced, do an easy access, low-stress visit with these clients, and then start working on a behavioral health plan — such as counseling for addiction issues."

First Enrolled Patient in the Humboldt "Super Utilizer" Project

6 MONTHS
PRE-PROJECT

6 MONTHS
POST-PROJECT

21 » 7

Visits to the emergency room in one year

\$80,000 » Less than \$1,000

In corresponding unreimbursed charges

SOURCE: ALIGNING FORCES FOR QUALITY

Perhaps the most informative finding the team made was that "pretty much across the board, most of the individuals we were working with had suffered some sort of early life trauma," says Hunter.

This possibly explained why many of them, though certainly not all, used the emergency room so much, says den Ouden.

"A lot of these folks using the emergency department had early life trauma — sexual, drug, physical abuse or whatever — and they see the emergency department as a safe place. A lot also said their family was troubled when they were growing up — that they had a parent who was in the emergency room a

continued on next page ►

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ON THE COVER

continued from previous page

lot, for instance, and “there was this nice nurse who always talked to me ...”

The other communities doing similar projects had discovered this, too, and a new term, “trauma-informed care,” has emerged. Basically, say Hunter and den Ouden, it means the health care provider changes the question it asks the person using the emergency room a lot from “What’s going on with you?” to “What happened?”

In Linda Cosey’s case, what happened was she was born with a complicated, rare, incurable disease that has required multiple surgeries over the years. She was partially disabled in 1991, and she suffers from depression. In 2013, she became more severely disabled after surgeries on her spine and neck. Then she started having seizures.

When McQueen first met her, last August, Cosey was having a particularly bad month. She’d had numerous frantic trips to the ER. She’d been prescribed ineffective medicine there. An ER doctor had told her she was faking it — which caused her son to get into a yelling

match with the doctor. Cosey was eager to try something new that might help. Not long after she signed on, she was at a doctor appointment at Eureka Community Health Center with her nurse case manager, and she had a seizure right there in the exam room. Luckily, she says, the doctor attending her was dually trained as a psychiatrist.

“And he knew just by looking at me what was wrong,” Cosey says. “He gave me medication — a pill under the tongue — and it worked right away.”

The doctor told her she was having pseudoseizures — more accurately called psychogenic non-epileptic seizures — which can be brought on by severe stress. She still takes the medication, which also helps her sleep at night, and she hasn’t had a seizure since. It was a huge relief. She hasn’t been back to the emergency room, either, except once in January because her legs suddenly gave out on her completely.

But the project is over now, and she’s

Progress Report

The Humboldt “super utilizer” project enrolled 29 of the top ER-using patients at St. Joseph Hospital between July 2012 and June 2014. As of June 2014, here is how they had progressed through the project system:

Nine were officially handed off from Care Transitions to Priority Care

One started with and remains with Priority Care

Six were directly handed off to their primary care provider

Three had no specific hand-off: One declined help, one dropped out and one went to a skilled nursing facility and then to jail.

10 remained with Care Transitions, with various plans: one to go into a social services case management system, one too new to the project to have finalized goals, six to their primary care provider, and two to the long-term Priority Care.

SOURCE: FINAL NARRATIVE REPORT, “IMPROVING MANAGEMENT OF HEALTH CARE SUPER UTILIZERS,” JUNE 30, 2014

been officially handed off to her primary caregiver at Eureka Community Health Center, just across the street from Silvercrest. Her physical therapy sessions have

ended, too. All of the people who’d come around, helping her and giving her special attention, have gone away. This is actually a good thing, Cosey realizes, and she’s glad she’s not going to the ER all the time anymore. Her son comes over to help her with her therapy exercises when he can. Her granddaughter visits her on the weekends and goes to church with her on Saturday.

“She does everything in her little power to help me out,” Cosey says.

But she gets pretty lonely, she says, and has decided she hates living by herself. She says she’s probably the youngest person here at Silvercrest, and every day it seems someone dies. Her hands don’t work well enough to play Bingo, cards or other games with her neighbors. Plus getting around, even with her walker, is really hard. She misses walking more than anything — she used to walk six miles every other day, and especially liked the hills on S Street.

“I get really depressed about it,” she says, adding she’d had a particularly bad



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day recently and cried and cried and cried. Most days she stays in. "I sit here. Watch TV or read my Bible. Pray."

But this is the nature of living with her disease and related complications. More tumors are in her future — they form slowly, she says. But she's keeping on top of it and has some MRIs and X-rays scheduled for later this month. She's not sure she'll have surgery again, however.

Although this particular grant-funded project is over, several of the groups involved in it have continued on with similar work. Priority Care continues to enroll patients with chronic, complex health issues. Eureka Community Health Center has started a program called Health Connections to provide patients with a health coach who works with them and their primary care provider to develop a health care plan. There's a new pain management initiative starting up. And Donna McQueen is now permanently embedded as the complex care liaison nurse under the Care Transitions program in the St. Joseph Health System. She works three

days a week in the emergency room at St. Joseph Hospital and one day a week at Redwood Memorial, still screening for people with high use of the ER but focusing in particular, now, on patients who have addictions or are homeless, and connecting them to services.

Staff from the various organizations involved in the excessive-ER-use project still get together in bi-weekly huddles, which are now coordinated by Eureka Community Health Center and include its Health Connections health coaches and other new participants.

For McQueen, the project led to sort of a dream job. Sure, she wishes there were more resources out there — more drug and alcohol treatment centers, more homeless resources, more mental health resources.

"We're a small county with a lot of people with problems," she says.

But she loves her job.

"I know how often, as a nurse, I used to wish I could spend a little more time with a patient and help figure out ways to help them have a better life." Now that's exactly what she does. ●



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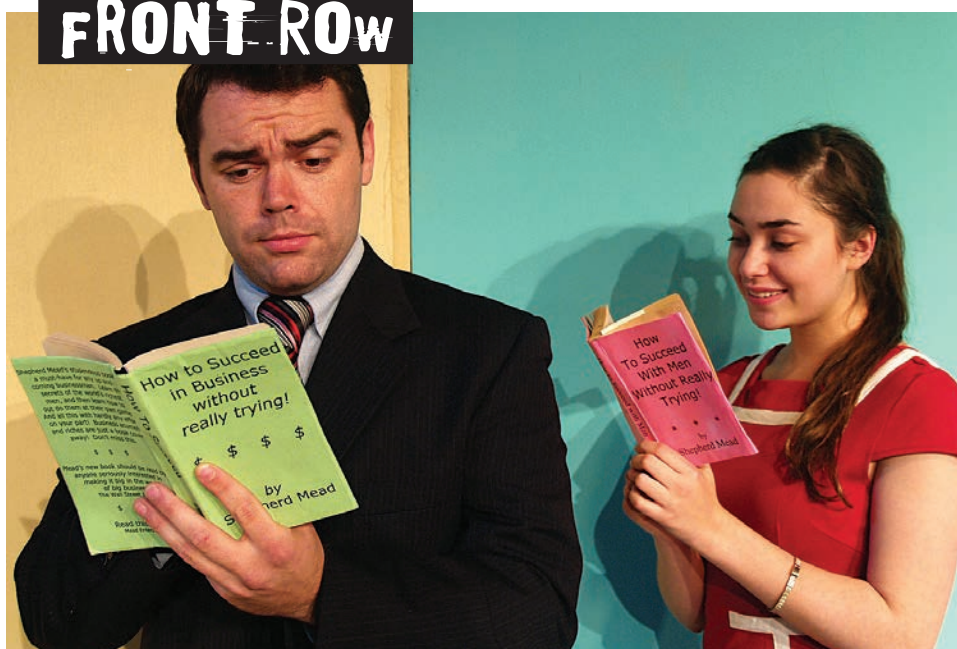
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Down to *Business*

Out of time but in tune at NCRT

By Dev Richards

frontrow@northcoastjournal.com

Some revivals use sweetly charming finesse and nearly neurotic attention to detail to evoke a wistful walk down memory lane. Others update the setting to modern times for satire and farce. North Coast Repertory Theatre's adaptation of *How to Succeed in Business Without Really Trying* veers between the two paths, but it's anchored by bullseye casting and strong lead performances.

The 1961 play by Abe Burrows, Jack Weinstock and Willie Gilbert is not easy to adapt, particularly with a small stage and an even smaller house. Thematically, the plot is almost timeless. Young J. Pierrepont

Finch makes his way from lowly window washer to executive vice president, all with the help from a handy little how-to book. Climbing the corporate ladder turns out to be relatively easy if you know how to take advantage of the ego-driven stupidity that runs rampant in a corporate setting. Set in the fast-paced, high-rise corporate world of post-WWII America, the dialogue and plot are rife with less timeless misogynistic undertones, topical pop-culture references and more pratfalls than you can shake a slapstick at. This is where things get tricky.

Director Lauren Wieland makes some interesting choices in regard to time and place. The women's costumes by Lauren

Rhinehart — particularly the dresses and sweater sets crucial to the story and characters — are perfect 1960s (to the point where I considered mugging certain characters during intermission). In an ideal world, an elaborate set would work with the costumes to capture the essence of the era, bolstering the out-of-date cultural and corporate references for winking reminiscence. But the set pieces, props and added lines of dialogue create for an inconsistent sense of time. The desks and pastel backgrounds echo the 1980s and the props, like an iPad and pink keyboards, hint at modern technology. On the one hand, the song "A Secretary is Not a Toy," which warns against fishing off the company pier, is strictly *Mad Men*-era, but elsewhere in the play characters make reference to the HBO show *Boardwalk Empire*. Anachronisms aside, Wieland makes excellent use of NCRT's tiny and intimate stage without sacrificing any of the larger-than-life elements that come with the territory of staging a Broadway musical. Some big production numbers are scaled back, but the finale with the whole cast, complete with acrobatic dancing, is well done.

For such a large spectacle, NCRT's production has a relatively small ensemble cast. With only 15 actors playing 16 parts, there's no room for a weak link — any subpar performance would stand out like a sore thumb. Chris Hamby's performance as the lead, J. Pierrepont Finch, is jawdroppingly dynamic. Hamby nails the boyish charm and naiveté needed for the part with enough energy to fill a much larger theater. He steals every scene, sometimes casting a shadow over the other actors' excellent performances. As the villain Bud Frump, Anthony De Page matches Hamby's scale and energy without going overboard. Elizabeth Erenberger is perfectly cast in the role of the CEO's mistress Hedy, a woman with a Rita Hayworth look and an amusingly abrasive manner, pulling off gag malapropisms with sexy confidence.

The songbook from *How to Succeed*

isn't one of the most well known from the Broadway canon, but the larger, finale numbers are catchy and infectious. I still have "Brotherhood of Man" stuck in my head and I'm making no efforts to remove it. Hamby dominates the vocal performances, as well, though the shadow he casts is a bit smaller. Haley Katz's portrayal of Finch's love interest, Rosemary, gives Hamby a run for his money — she manages a sweet ingénue that's not too sweet, and she sings with a lovely voice that would be a pleasure to hear projected bigger. Whether it's a duet or a solo, Katz's voice is made for show tunes.

With its nearly unrecognizable songbook and a mostly outdated plot, *How to Succeed* is an odd choice for a musical, but Wieland and cast pull it off better than expected.

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TABLE TALK



FUYU PERSIMMONS — EAT THEM NOW. PHOTO BY SIMONA CARINI

Winter Glow

Let persimmons kindle your salad

By Simona Carini

tabletalk@northcoastjournal.com

Asian persimmons are festive: in shades from yellow to red-orange, depending on the variety, they glow in the crystal-line light of the final months of the year. In neat rows at farmers' markets and grocery stores, persimmons look like lanterns lit for a street celebration. Due to a poor season, local supplies are short, so enjoy them before they vanish, likely at the end of November.

Asian persimmons (*Diospyros kaki*) come in astringent and non-astringent varieties. The astringent variety, like the elongated, heart-shaped Hachiya, must be eaten fully ripe, basically a serving of fruit custard enveloped in a skin that splits open easily. I have always heeded the warning against tasting an unripe one, so I don't have direct experience of its mouth-puckering taste and am not planning on it. Instead, I practice delayed gratification as I watch it slowly ripen until I can reward myself with the pleasure of eating it.

A non-astringent persimmon, like the Fuyu, which is squat with a flat bottom, can be eaten when still firm, or it can be left to ripen and soften, according to personal taste.

When it comes to persimmons, I am deeply nonpartisan: I like them all. My preferred way of enjoying an astringent persimmon is still the simplest one: I gently pull away the flower-shaped stem (calyx), quarter the fruit, slice away the white core and eat the fruit as is, a dessert quite satisfying in its natural sweetness and delicacy of flavor. As for a non-astringent

persimmon, I like to use it as an ingredient in a favorite salad.

It is my firmly held opinion that a good salad is composed of a few carefully selected ingredients put together like the guests of a dinner where the host wants the conversation to flow and to involve everyone around the table. This recipe is an actualization of that tenet: It starts with butterhead lettuce (aka Boston or bibb lettuce), a balance of soft and crisp. A Fuyu persimmon contributes a sweet nuance. Sliced almonds, lightly toasted, add a crunchy aromatic note. Finally, a ripe avocado, mashed with Meyer lemon juice and some sea salt, brings the ingredients together.

It is also my firmly held opinion that such a salad would be a refreshing addition to the Thanksgiving menu. Just saying ...

Butter Lettuce Salad with Persimmon, Avocado and Almonds

Serves 3-4.

Ingredients and method:

One head of butterhead lettuce, about 9 ounces

3-4 tablespoons sliced almonds

One medium avocado

1 tablespoon freshly squeezed Meyer lemon juice

Fine sea salt, to taste

One medium Fuyu persimmon (a non-astringent persimmon, which can be eaten when firm)

Separate the leaves of the lettuce, place them in cold water and swirl them around to clean them well. Drain and repeat. Drain and inspect leaves to ensure they are free of dirt. Spin them in a salad spinner until dry.

Chop the lettuce and place in a salad bowl.

Lightly toast sliced almonds in a dry skillet on medium heat. Shake the skillet often to ensure even toasting. This step takes only 2 to 3 minutes, so do not abandon your place at the stove or you will end up with charred almonds.

Dice the avocado in a small bowl. (A grapefruit spoon is a great tool to carve it out.) Mash it with a small fork. Add Meyer lemon juice and salt and mash some more until you have a dense cream with some texture from bits of avocado.

Distribute dollops of mashed avocado on the chopped lettuce and mix. I do this with my clean hands, which I have found to be the most delicate and precise of salad tongs.

Wash the persimmon, halve it, pull away the stem and use the knife to remove the core. Thinly slice the persimmon onto the salad (removing any seeds). If the slices are long, halve them crosswise. Toss the salad, sprinkle with sliced almonds, then toss again and serve. ●

Simona Carini also writes about her adventures in the kitchen on her blog, www.pulcetta.com.



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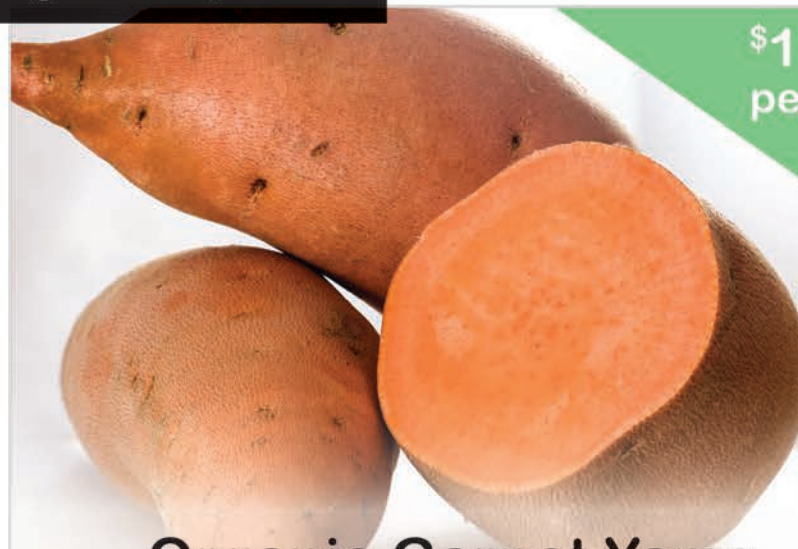


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Niveen's is conveniently located at 2145 Central Ave. in McKinleyville.



Chef Rafael Martinez rocks the kitchen.



Niveen's owner Ali Ahmad with his wife and children.



Ali enjoys visiting with a customer.



Niveen's offers a wide variety of entrees.

Family owned Niveen's Restaurant

Niveen's Restaurant in McKinleyville has a faithful crew of regular customers. In fact, the Sunny Brae Murphy's Market manager, Carlos Avelar, goes to Niveen's every Sunday for the chili omelet. The secret to the restaurant's success lies in the dedication of owner Ali Ahmad.

Friendly and genuine, Ali is the quintessential gentleman, family man and small-town business owner. He believes the secret to a prosperous restaurant is keeping "his people" happy. Ali reckons if his employees are content, they will keep his customers happy, and that, he says, is the bottom line. This approach is working.

Open 7 a.m. to 8:30 p.m. every day, Niveen's serves breakfast lunch and dinner. The menu offers an extensive selection of what Ali calls "American California cuisine." Deciding

what to order is not an easy task. There are Greek omelets and pasta, steaks, calamari and many vegetarian options to choose from. Substitutions to the menu are no problem. "Whatever the customer wants, change the menu! Give them what they want!" Ali loves salads, and he says the ones at Niveen's are outstanding. His favorite is the Oriental chicken. "Lebanese people, we love the food," he adds enthusiastically.

Ali came to the States from Lebanon in 1981 to attend college in San Francisco. He studied business administration. As part of his management training, Ali took an internship at the Ramada Inn in Fisherman's Wharf, where he worked the night shift for eight months. "I liked the whole atmosphere at the hotel and restaurant," he explains, adding that he unexpectedly really liked working in the food

and beverage industry. After graduation, he spent about five years in various management positions in Bay Area restaurants, and eventually moved to Humboldt County and purchased his first restaurant, Kristina's in Eureka.

What does Ali like most about the restaurant business? "My people," he says. "My employees are the ones who deal directly with the customers. I'm the guy behind the curtain." Ali strives to provide a great working environment with flexible scheduling to suit the busy lives of his employees. Ali says some of his workers have been with him since he bought the restaurant in 2001. "When you work for me, you are going to be happy. I treat them really good. And they love me. I hope they do." •

By Amy Barnes
For Murphy's Markets

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Holiday Gift Guide

2014

Do you need holiday therapy?

Do the words “holiday shopping” make you want to curl up in a tiny ball and suck your thumb? Do visions of mayhem dance in your head when you see a pair of stalwart shoppers fighting over a sallow-faced Grinch emblazoned on a coffee mug? Do you need more than one hot toddy when faced with choosing another garish tie for Dad?

Here at the North Pole of the *North Coast Journal*, our holiday goal is to ease your stress. Over the next five weeks, look to our Holiday Gift Guides for suggestions from many local merchants, all of whom are ready to help you with your shopping burdens.

And while we aid the shopping-challenged, we would be remiss if we didn't mention some worthy causes that need support. Your donations are not only greatly appreciated, but will make you happier, too.

Humboldt has no shortage of food banks, food drives, toy drives and local nonprofits that work tirelessly to feed and clothe those in need. Maybe you know a neighbor who could use a boost, or you've seen a stranger who could use a hand up. Anytime is a good time to give, but doing something for others will melt holiday angst right off you. If only it worked on those holiday pounds.

Now stride forth to bravely deal with the teeming shopping hordes. Enjoy the gift of being able to give, and when you hear the bell on a cold street corner, venture over and drop some coins in the bucket.

Then go ahead and have that hot toddy. You earned it!



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839-1587 www.mykitchenstores.com





Art Center
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madrivergardens.com



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The Blacksmith Shop

Carbon Steel Cutlery by Oregon's master blacksmith Michael Hemmer. Main Street, Ferndale. 786-4216. www.ferndaleblacksmith.com

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Abraxas Jewelers

Mokume Gane Diamond Engagement Ring and Wedding Set. 425 3rd St., Eureka, 443-4638. abraxasjewelers.com



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North Coast Journal

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GL



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Holiday Gift Guides

Nov. 27

Dec. 4

Dec. 11

Dec. 18

Call 442-1400 for information



WHO: Birds of Chicago
WHEN: Friday, Nov. 21 at 8 p.m.
WHERE: Arcata Playhouse
TICKETS: \$15, \$13 members, \$10 students

PHOTO
COURTESY OF
THE ARTIST

By Jennifer Savage

thesetlist@northcoastjournal.com

We are entering the holiday season. I know this because I have seen the jingle bells and singing Santas at the stores and my student friends are ricocheting between freaking out about finals and freaking out about visiting family. Fortunately, not only do we have the panacea of live music to help us through this trying time, but accompanying sources of stress release.

(Note: I am not a doctor.)

Thursday: Comes around, goes around

Round and round we go into another **Songwriter Circle of Death**, No. X to be precise, this time with **TheBoredAgain**, **Keila Chinga**, **The Weavetone** and **Cliff Dallas** at the always-excellent Shanty. Music starts at 10 p.m., cover is zero dollars and it's a bar, no pretense otherwise, so the gig is 21-and-over. *Prescription: Alcohol and exercise don't really mix, but the Shanty has that great parking lot and plenty of room on the sidewalk, so before imbibing in your favorite whiskey straight, do a round of shuttle sprints, mountain climbers and push-ups outside. Then drink a pint of water. Nobody will think you're weird — it's Old Town. And so what if you get sweaty? The Shanty is nice and dark. Also, pheromones!*

Friday: Musical alchemy

The impressive **Gregg Moore** — who plays multiple instruments in four bands, teaches, organizes house concerts and street happenings, and rescues orphaned kittens from burning buildings in his downtime — is featured doing jazz versions of

Portuguese folk songs at the Westhaven Center for the Arts as part of a jazz series hosted by the **RLA Trio** (**Tim Randles**, **Mike LaBolle** and Mr. Humboldt contestant **Bobby Amirkhanian**). The show starts at 7 p.m. Cover is \$5 to \$10 sliding scale. *Prescription: Vinho Verde, a delightful, light, low-alcohol Portuguese wine, inexpensively available at Wildberries and the Co-op, not sure where else, and why not go to Trinidad early and watch the sunset in one of the world's prettiest places?*

Friday: Americana gets otherworldly

Birds of Chicago centers around **JT Nero** (**JT and the Clouds**) and **Allison Russell** (**Po' Girl**). JT weaves his scratchy and worn voice around Allison's rich and exultant one, resulting in something arresting and altogether original. Doors at the Arcata Playhouse open at 7:30 p.m. and the music starts at 8 p.m. Tickets are \$15 general, \$13 HFS members and \$10 students with ID, and are available at Wildberries, Wildwood or by calling 822-1575. *Prescription: Bring two wonderful things together in an unexpected way, say, for example, avocado and coffee! Take half a large avocado, mix it with 1/3 cup espresso (or 1 cup strong brewed coffee, cooled), add 1/2 cup sweetened condensed (not evaporated!) milk, 2 cups ice cubes and 2 teaspoons vanilla, toss it all in the blender (um, just the avocado flesh, not the skin), and ... mind blown! Too complicated? OK, fine. Just go to Scoop and order the most unusual flavor on the menu.*

Saturday: Wrap yourself around this

Experience the wonder of **Be Forest**, Italian post-punk shoegaze, plus **Tennis System**, L.A. noise rock, at the Alibi. This is Be

Suggestions, Absurd & Otherwise

Where to go, who to see and ridiculous advice on staying sane

Forest's first trip to America, guys! And they really are lovely — your heart will melt as the dreaminess surrounds you. Music starts at 11 p.m., cover is \$5, show is 21-and-over. *Prescription: None needed — this music alone is enough to rescue you from your black mood, baby.*

Sunday: Community-supported awesomeness

Fun times at The Farmhouse (1387 Janes Road, Arcata) with the **Feels**, a four-piece rock 'n' roll band with psychedelic, punk, post-punk and grunge influences based in Echo Park, and Eureka excellence from **The Monster Women**, whose spaced-out, '60s-meets-'80s, sci-fi, harmony-driven tunage is always pleasing. Music starts at 8 p.m., all

Sunday: So dark!

Siren's Song plays host to **Lost Tribe**, a band out of Richmond, Virginia, that offers penetrating bass lines, ripping drums, a vibe that rides the line between our world and the under-, like a musical drift on the River Styx. The darkness continues with local purveyors **Ghoulhand**, **The Disaffectionate**, **Bella Rex** and more. All ages, cover is \$3, music starts at 9 p.m. *Prescription: the Six Rivers Raspberry Lambic. Dudes, it's intense. And the sweet-tart battle for your mouth is a fitting accompaniment to this musical experience. Send me an email later telling me about it.*

Tuesday: Because your heart is heavy with discontent

The enchanting disenchantment continues with **Disaffected Romantics' Night**, also at Siren's Song, featuring traditional goth, deathrock and post punk with **Signals**, **Wrye**, **Decoffinated** and **DJ Necromos**, a guest DJ from San Jose's Club Apparition. Free, all ages, starts at 8 p.m. Those 21-and-over can order beer, etc. at the bar, which will boast \$2 IPAs and other flavors from 21st Amendment Brewery. *Prescription: Write for 20 minutes in your journal before the show. Write for 20 minutes in your journal after. Cut the pages into pieces and rearrange the words at random, gluing them to fresh pieces of paper. Frame them. Score an art show. Congratulations.*



WHO: Be Forest
WHEN: Saturday, Nov. 22 at 11 p.m.
WHERE: The Alibi
TICKETS: \$5

PHOTO
COURTESY OF
THE ARTIST

ages, donations for the band will likely be requested. *Prescription: a round of It's Alive kombucha. Love the stuff. Locally made, fizzy fermented fabulousness! If you live in Arcata, ride your bike to the gig — good exercise and you'll get to relish in the post-show high of pedaling home in the fresh Humboldt nighttime air.*

Etc.

Full show listings in the *Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●



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ARCATA + NORTH

EUREKA + SOUTH ON NEXT PAGE ►

venue	thur 11/20	fri 11/21	sat 11/22	sun 11/23	m-t-w 11/24-26
ABRUZZI 826-2345 780 Seventh St., Arcata		After Dark Dance Party (DJs) 9pm \$5			
THE ALIBI 822-3731 744 Ninth St., Arcata			Be Forest and The Tennis System (new wave, noise rock) 11pm \$5		
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575		Birds of Chicago (Americana, folk) 8pm \$15, \$13 members			
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		Kick-Ass (film, R) 8pm \$5	Random Acts Of Comedy (improv) 8pm \$6	The Wizard of Oz (film) 6pm \$5, All ages	[W] Sci-Fi Night w/Isle of the Snake People 6pm Free w/\$5 food/bev, All Ages
BAYSIDE GRANGE HALL 2297 Jacoby Creek Road 822-9998			Revive the Beauty Way Benefit: Joanne Rand, Clan Dyken, et al. 4pm \$10 donation		
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Night 7pm Free	[M] Quiz Night 7pm Free [T] Human Expression 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	NightHawk (classic rock) 9pm Free	Sapphire: Showdown 7pm, \$45-85 Wave: DJ Ray 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2014 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free	BeTh isBell (psych) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Dr. Squid (rock, pop) 9pm Free	Dr. Squid (rock, pop) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
FIELDBROOK FAMILY MARKET 4636 Fieldbrook Road 839-0521		Wild Otis (rock) 7pm Free			
HUMBOLDT BREWS 826-2739 856 10th St., Arcata	Red Molly (folk, bluegrass) 8pm, \$15	Touch, Baggadonuts and Joe-E (DJs) 9:30pm \$5	Jim Lahman Band, Lapatinas (blues, rock) 9pm \$5		
HUMBOLDT MACHINE WORKS AT ROBERT GOODMAN 937 10th St., Arcata, 826-WINE	Roots & Culture Reggae 9pm Free	USGGO (funk) 10pm Free	Paula Jones and the RLA Trio (jazz) 9pm Free		[W] Salsa! (lessons + dance) 9pm \$5
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928	The Wailin' Jennys (roots folk) 8pm \$35, \$10 HSU students				



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venue	thur 11/20	fri 11/21	sat 11/22	sun 11/23	m-t-w 11/24-26
JAMBALAYA 822-4766 915 H St., Arcata	Thumpin' Third Thursdays w/DJ Red 10pm \$3	Naive Melodies (covering Beastie Boys) 10pm \$10	Wurlybird (electro-soul) 10pm TBA	DGS Sundaze (EDM DJs) 9pm \$5	[T] Savage Henry Comedy 9pm \$5 [W] The Whomp (DJs) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Drive, Trinidad		Blue Lotus Jazz 6pm Free		Piano Jazz 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 825-7596 761 Eighth St., Arcata	Claire Bent (jazz) 7pm Free	Brian Post, Susie Laraine (jazz) 7pm Free	Baron Wolfe, Steve Smith (jazz) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				JD Jeffries, Michael Stewart (Americana) 7pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Kindred Spirits (bluegrass) 9pm Free		Potluck (food) 6pm Free	[W] Turtle Races 8pm
MAD RIVER BREWERY 668-5680 101 Taylor Way, Blue Lake	Compost Mountain Boys (bluegrass) 6pm Free	Redwood Ramblers (country) 6pm Free			[W] Randles, LaBolle & Amir Khan (jazz) 6pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm \$5
PLAZA GRILL 826-0860 780 Seventh St., Arcata	Thursday Night Shake Up 8pm Free				
REDWOOD CURTAIN BREW 550 S. G St. #6, Arc. 826-7222	Piet Dalmolen (guitar) 8pm Free		Electric Gravy (experimental synth) 8pm Free		
THE SANCTUARY 822-0898 1301 J St., Arcata		Good Company CD party (Celtic) 7pm Free			
SIDELINES 822-0919 732 Ninth St., Arcata	Rudelion Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelion 10pm TBA		
SILVER LINING 839-0304 3561 Boeing Ave., McKinleyville		Pat Holland (acoustic guitar) 6pm Free	Good & Evil Twins Karaoke 8pm Free		[T] Good & Evil Twins Karaoke 8pm Free
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	DJ Itchie Fingaz 9pm Free	Kingfoot (Americana) 9pm Free	Jenni & David & The Sweet Soul Band (blues) 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 822-4198 764 Ninth St., Arcata		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[W] Reggae Wednesdayz w/Rudelion 10pm Free
TRINIDAD TOWN HALL 409 Trinity St. 677-0223				Mr. Green All Stars (punk, reggae) 8pm \$20	
WESTHAVEN CENTER FOR THE ARTS 677-9493 501 S. Westhaven Drive, Westhaven		RLA Jazz Trio, Gregg Moore (jazz) 7pm \$5-10 sliding			

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◀ ARCATA + NORTH ON PREVIOUS PAGE

venue	thur 11/20	fri 11/21	sat 11/22	sun 11/23	m-t-w 11/24-26
BAR-FLY PUB 443-3770 91 Commercial St., Eureka		Bar-Fly Karaoke 9pm Free			[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	Gaibe Carroll (R&B, soul) 9pm Free	Gaibe Carroll (R&B, soul) 9pm Free		
CHAPALA CAFÉ 443-9514 201 Second St., Eureka		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	La Musique Diabolique (Gypsy jazz) 9pm Free	Pressure Anya Shuffle Dance Party 9pm Free	Blue Lotus (bluegrass, jazz and funk) 9pm Free		[M] Brian Post and Friends (jazz) 7pm Free [T] Anna Banana (blues comedy) 8pm Free [W] Lemon Lemon Cherry (exp. folk) 7pm Free Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St., 845-8795			Penton: The John Penton Story (film) 7pm donation		
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Papa Paul (folk) 6pm Free	Chuck Mayville (folk) 6pm Free		
MATEEL COMMUNITY CTR. 59 Rusk Lane, Redway 923-3368		Humboldt High Grade Harvest Gala Noon \$55, \$100 2-day pass	Humboldt High Grade Harvest Gala Noon \$55, \$100 2-day pass		
MORRIS GRAVES MUSEUM OF ART 636 F St., Eureka 442-0278		Danger Poets Society Reading 7pm Free			
NORTHERN DELIGHTS 7091 State HWY 3, Hayfork (530) 628-1030			Mr. Green All Stars (punk, reggae) 9pm \$20		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600			Tony Roach (jazz) 7pm Free		[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 444-2017 507 Second St., Eureka	Dirty Thursdays w/Pressure Anya 9pm Free	DJ JSun 10pm Free	DJ Itchie Fingaz 10pm Free		[W] Pints, Pizza and Picture Show 5:30pm Free

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venue	thur 11/20	fri 11/21	sat 11/22	sun 11/23	m-t-w 11/24-26
PERSIMMONS GALLERY 923-2748 1055 Redway Drive, Redway	The Underscore Orchestra (Gypsy jazz) 7pm Free	Jenifer Breeze (reggae, blues) 7pm Free			
THE SHANTY 444-2053 213 Third St., Eureka	Songwriter Circle of Death X 10pm Free				
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778		Fetish Night 8pm Free			[T] Disaffected Romantic's Night (goth DJs) 8pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244			Buddy Reed and the Rip It Ups (booty shakin' blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free



WHO:
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WHEN:
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WHERE:
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TICKETS:
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11.28 **BLUES RHYTHM REVUE**
Blues

11.29 **VINTAGE ROCK & SOUL**
Rock/R&B Variety

12.5 **DR. SQUID**
Pop/Rock/Dance Hits

12.6 **THE UPTOWN KINGS**
Blues


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Take in the scenery and the tradition at the annual **Blessing of the Fleet** on **Thanksgiving, Nov. 27 at 10 a.m.** at the **Memorial Lighthouse** (free). Native and non-denominational blessings will be bestowed on local fishing boats and their crews, and hot cocoa and the music of **Bramble and the Rose** will be bestowed upon the crowd.



notice relatives criticizing your life choices over dinner.

Start **Thanksgiving** with the Jogg'n Shoppe's **Turkey Trot** and enjoy the feast guilt-free (\$10, \$20 includes a T-shirt). Show up at **8 a.m.** to register at **Old Town Coffee & Chocolates** and get ready to run or walk a 5K at 9 a.m. You'll be so full of endorphins you won't even

Take a carriage ride, watch historical enactments and catch some caroling during **Victorian Holidays** on **Ferndale's Main Street** on **Saturday, Nov. 22** from **10 a.m. to 5 p.m.** (free). You don't have to don period clothing, but it doesn't hurt. Unless you're wearing a corset. A corset might hurt.



Calendar

8 DAYS A WEEK

20 thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. \$5. 442-0309.

LECTURE

Chinese Energy Talk. 5:30-7 p.m. Behavioral and Social Sciences Building Room 166, Humboldt State University, Arcata. Trevor Houser presents "China's Energy Future: Domestic Drivers and Global Consequences" as part of HSU's Sustainable Futures Speaker Series. Free. serc@humboldt.edu. www.schatzlab.org. 826-4345.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of ukulele strummers who have fun and play together for a couple of hours. Beginners welcome and you won't remain one long! \$3. dsanderl@arcatanet.com. 839-2816.

The Wailin' Jennys. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Nicky Mehta, Ruth Moody and Heather Masse make up this roots-folk trio. \$35, \$10 HSU students.

THEATER

Other Desert Cities. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. This family drama focuses on the issues that arise when secrets are exposed. \$15.

EVENTS

Taste of the Holidays. 5-8 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Sample from over 30 local purveyors while you enjoy live jazz. Proceeds go to the Rotary Club of Arcata Sunrise Foundation. \$25. www.arcatasunrise.org.

FOR KIDS

Storytime. 10-10:45 a.m. Trinidad Library, 380 Janis Court. Stories, songs, fingerplays and more for you and your youngsters. Free. 677-0227.

ETC

BGHP Online Auction. Benefits the Breast and GYN Health Project (formerly Humboldt Community Breast Health Project). To view or participate go to www.biddingforgood.com/BGHP. bethg@hcbhp.org. 825-8345.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and other fiber artists as they socialize and work on their current projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Every Thursday is Standard Magic night at NuGames Eureka. Put your deck to the test, and see if you have what it takes to be victorious. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

21 friday

ART

Arts McKinleyville. Third Friday of every month, 6-8 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. Art, food and music at participating McKinleyville businesses. Free. info@mckinleyvilleartsnight.com. www.mckinleyvilleartsnight.com. 834-6460.

DANCE

World Dance. 8-10 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Folk dance teaching and request dancing \$3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

EVENTS

Humboldt High Grade Harvest Gala. Noon. Mateel Community Center, 59 Rusk Lane, Redway. Seminars, music and vendors. Headliners include Alborosie, Petah Morgan and Jah Sun. \$55, \$100 both days. highgradedega.com.

MOVIES

Kick-Ass. 8 p.m. Arcata Theatre Lounge, 1036 G St. Average-teen-turned-vigilante superhero kicks ass all over New York. \$5. www.arcatatheatre.com.

MUSIC

Birds of Chicago. 8 p.m. Arcata Playhouse, 1251 Ninth St. Singers/songwriters JT Nero and Allison Russell. \$15, \$13 members.

Eureka Chamber Music Series. 7:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Cellist Sebastian Baverstam, violinist Emily Daggett Smith and pianist Constantine Finehouse perform. \$30, \$12 seniors, \$5 students.

Good Company. 7-10 p.m. The Sanctuary, 1301 J St., Arcata. Celebrate the release of the Celtic band's third CD with music, refreshments and dancing with caller Mike Mulderig. Free. gimmethatwine@yahoo.com. 822-4633.

RLA Jazz Trio plus Gregg Moore. 7 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Portuguese-inspired jazz. Sliding scale \$5-10.

SPOKEN WORD

Danger Poets Society Reading. 7-8:30 p.m. Morris Graves Museum of Art, 636 F St., Eureka. College of the Redwoods' poetry class read original poetry from this semester. Come hear what students are rhyming, rapping and reading. Free. david-holper@redwoods.edu. www.humboldtarts.org.

THEATER

How To Succeed in Business Without Really Trying. 8

p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. A musical satire of big business with backstabbing co-workers, caffeine addiction and true love. \$18 for all seats. ncrt@humboldt1.com. www.ncrt.net. 442-6278.

Muppet Revue. 7-8:30 p.m. Kimtu Cookhouse, Camp Kimtu, Willow Creek. The Dream Quest Drama Club presents a tribute to Jim Henson with all of your favorite Muppet songs and dances. \$4, \$2. dreamquestwillowcreek@hotmail.com. www.WillowCreekCSD.com. 530-629-3564.

Other Desert Cities. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Nov. 20 listing.

FOR KIDS

Baby Read and Grow. Every other Friday, 11-11:45 a.m. Eureka Main Library, 1313 Third St. Families are invited to share songs, fingerplays and short stories. Free. 269-1910.

SPORTS

Drop-in Basketball. 7 p.m. McKinleyville Recreation Department, 1656 Sutter Road. Adults are welcome to join in for pick-up basketball. \$3. mckinleyvillecsd.com/parks-recreation.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

22 saturday

ART

Artist Reception. 4-6 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Opening for Annette

continued on next page ►

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Calendar

8 DAYS A WEEK

continued from previous page

Makino and Amy Uyeki's show, "Ripples from a Stone." Free. makinostudios.com/press-shows-events. 362-6644.

BOOKS

Christmas Sale. 12-3:30 p.m. Eureka Main Library, 1313 Third St. Christmas sale featuring children's books, classical CDs and a raffle.

Jerry Rohde. 1 p.m. Clarke Historical Museum, Third and E streets, Eureka. Presentation and signing by the historian and author of *Both Sides of the Bluff*. Free. www.clarkemuseum.org.

MUSIC

Revive the Beauty Way. 4 p.m.-midnight. Bayside Grange Hall, 2297 Jacoby Creek Road. Benefit Concert for the Dineh (Navajo) with Clan Dyken, Joanne Rand, Thunder Cloud, Into the Current, Goodshield of 7th Generation Rise and special guests. Dinner and refreshments served. \$10 Donation suggested. musicians-forcommunity@gmail.com. clandyken.com. 672-2624.

Mr. Green All Stars w/HR of Bad Brains. 9 p.m.-2 a.m. Northern Delights, 7091 State Highway 3, Hayfork. Check out the legendary HR of Bad Brains, Norwood Fisher

of Fishbone, Rocky George of Suicidal Tendencies and more. 20. http://www.northerndelightshayfork.com. 530-628-5246.

THEATER

How To Succeed in Business Without Really Trying. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Nov. 21 listing.

Muppet Revue. 7-8:30 p.m. Kimtu Cookhouse, Camp Kimtu, Willow Creek. See Nov. 21 listing.

Other Desert Cities. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Nov. 20 listing.

Queen of Shark Tooth Shoals. 7 p.m. Trinidad Town Hall, 409 Trinity St. This musical comedy is set in Trinidad circa 1900. \$10, \$5.

EVENTS

Humboldt High Grade Harvest Gala. Noon. Mateel Community Center, 59 Rusk Lane, Redway. See Nov. 21 listing.

FOOD

Arcata Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Locavores' delight: fresh vegetables and fruit from local producers, food vendors, plant

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No Place Like Home



There are two kinds of families: the kind that hunkers down in front of the game on Thanksgiving, and the kind that hunkers down in front of *The Wizard of Oz*.

If you've skipped the 1939 classic in favor of football, or if you've only ever seen it on the small screen, throw on your sparkliest shoes and treat yourself to the showing at the **Arcata Theatre Lounge on Sunday, Nov. 23 at 6 p.m. \$5.** Television simply can't convey the cannonball dive out of the dreary, black and white of the farm and into the eye-popping colors of Oz and its bizarre denizens. One song in and you'll

understand why Judy Garland, as the dreamy and willful heroine Dorothy, became the face that launched a thousand drag queens. This movie, for all its cornball sentiment, kooky sets and naps in the poppy fields, holds up.

But you're nervous about the flying monkeys. Well, of course you are. They creep everybody out. Just casually sneak out to the restroom, order another round for the table or pretend you've gotten an emergency text and avert your eyes. That's handling it like a grown-up.

—Jennifer Fumiko Cahill

The Score on Spores



PHOTO BY VICKI FIKEs.

There you are, out in the wilds of your yard, and poking through the grass is a suede-y little specimen that's both fairy-level magical and farm-to-table fragrant. Before you sauté your way to your insurance deductible, you might want to get that mystery fungus checked out by experts. Because a wild mushroom omelet shouldn't echo colors.

The friendly mycologists at the **Mushroom Fair** will be happy to ID your discoveries on **Sunday, Nov. 23** from **11 a.m. to 4 p.m.** at **Redwood Acres Fairgrounds** (\$3, \$1 kids 12-16,

free to kids under 12). While you're there, get to know local edibles and toxic varieties and nerd out on the hundreds of species on display. Find out how you can grow your own and get an up-close look at exotics that recall the trippy Disney films of yesteryear. Kids can get in on the educational activities and learn about weird and wonderful fungal biology from experts.

Just don't eat that sketchy yard shroom before Sunday.

—Jennifer Fumiko Cahill

starts and flowers every week. Soul Power plays this week. Free. www.humfarm.org. 441-9999.

Grange Breakfast. Fourth Saturday of every month, 7:30-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. The menu includes eggs, sausage (links or patties) or ham, biscuits and gravy, as well as coffee. \$5 suggested donation. www.facebook.com/humboldt.grange.

Humboldt Hill Grange Breakfast. Fourth Saturday of every month, 8-11 a.m. Home-style breakfast. \$5, \$3 child. 442-4890.

HOLIDAY EVENTS

Cowboy Canned Food Convoy. Noon. Eureka Boardwalk, Foot of F Street. Food for People's 22nd annual Holiday Spirit drive begins with a horseback delivery of donated food.

Holiday Craft Fair. 10 a.m.-4 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Check out gifts made by local artisans and enjoy food and beverages. Free.

Victorian Holidays. 10 a.m.-5 p.m. Ferndale Main Street. The Victorian Village sets the stage for a day of historical role-play, inviting guests to dress and step into a vision of yesteryear. Free horse and carriage rides, live entertainment and historical enactments. Free.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Leslie Anderson. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your

binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Beith Creek Loop Work Day. 9 a.m.-1 p.m. Margaret and Buttermilk lanes, Sunny Brae. Pave the way for trail construction by clearing brush, transplanting ferns, scraping duff and moving tree limbs. Gloves, tools, snacks and beverages provided.

Green Roof Landscaping. 9-11 a.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help maintain the green roof at the Humboldt Coastal Nature Center. Come dressed for the weather. Gloves and snacks provided. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

SPORTS

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Nov. 21 listing.

Showdown in the Sapphire. 7 p.m. Blue Lake Casino, 777 Casino Way. Hard Fought Productions presents an MMA cage match with people who aren't using their words. \$45-\$85.

COMEDY

Random Acts Of Comedy. 8 p.m. Arcata Theatre Lounge, 1036 G St. The improv all-stars of Humboldt County zing it off the cuff. All ages. \$6. 822-1220,

ETC

Footwear for Firemen Bake Sale. 9 a.m.-3 p.m. Murrish Market, 3415 State Route 36, Hydesville. Fundraiser for the feet of the Carlotta Volunteer Fire Department.

continued on next page ►

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SUNDAY DECEMBER 14 • 2PM
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McKINLEYVILLE ARTS NIGHT

Friday, Nov. 21, 6-8 p.m.

A celebration of local art and artists, music, food and fun. McKinleyville Art Night is open for all McKinleyville businesses to display work from local artists on the third Friday of each month. For more information, call 834-6460 or visit www.mckinleyvilleartsnight.com.

CALIFORNIA REDWOOD COAST AIRPORT 3561 Boeing Ave. "Women's Work," art by Elizabeth Berrien, Lynn Carlin, Becky Evans, Lida Penkova, Georgia Long, Micki Dyson Flatmo and Rachel K. Schlueter.

SILVER LINING 3561 Boeing Ave., #D (at the California Redwood Coast Airport). Art and woodwork by McKinleyville High School students. Music by Pat Holland.

MCKINLEYVILLE HIGH SCHOOL 1300 Murray Road (in the library). "Point of View" and "Landscape Visions," photography and paintings by McKinleyville High School students. Family Art Night activities.

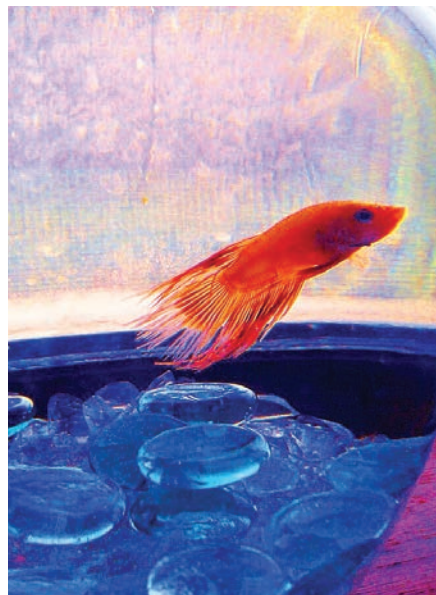
CLONEY'S PHARMACY McKinleyville Shopping Center. Floyd Bettiga, paintings; Pete Belak, photography.

MCKINLEYVILLE FAMILY RESOURCE CENTER 1450 Hiller Road. Art and activities for children of all ages from 6:30-7:30 p.m. November's theme is "Thanksgiving."

BLAKE'S BOOKS 2005 Central Ave. Lauren Lester, paintings. Jazz keyboard by Harry Smith.

CHURCH OF THE JOYFUL HEALER 1944 Central Ave. Bonnie Randazzo and Terry Hawkins, artisan crafts.

CREATIVE ESCAPE 1225 Central Ave. Knit Night and holiday crafts. ●



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Calendar
8 DAYS A WEEK
continued from previous page

Proceeds will purchase 13 pairs of boots.

Introductory Bridge. Fourth Saturday of every month, 11:30 a.m. New and old players are all welcome. Start with a lesson and then play a game. 499-7790.

Women's Peace Vigil. Fourth Saturday of every month, 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

23 **sunday**

MOVIES

The Wizard of Oz. 6 p.m. Arcata Theatre Lounge, 1036 G St. L. Frank Baum's classic tale comes to Technicolor life. \$5. www.arcatatheatre.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 442-0156.

Green Brains Tour. 8-11:30 p.m. Trinidad Town Hall, 409 Trinity St. Punk rock and reggae icons H.R. of Bad Brains, Norwood Fisher of Fishbone, Rocky George of Suicidal Tendencies and M.R. Green (Aka Hawaiian Lyon). All-ages benefit show for the Trinidad Skatepark Alliance. \$20. wrldmusic@gmail.com.

THEATER

How To Succeed in Business Without Really Trying. 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Nov. 21 listing.

Muppet Revue. 2-3:30 p.m. Kimtu Cookhouse, Camp Kimtu, Willow Creek. See Nov. 21 listing.

Queen of Shark Tooth Shoals. 2 p.m. Trinidad Town Hall, 409 Trinity St. See Nov. 22 listing.

EVENTS

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. \$3. nugamesonline.com. 497-6358.

Mushroom Fair. 11 a.m.-4 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. A display of more than 300 species, books, mushroom cultivation kits, microscopes and more. Bring your mushrooms for identification. \$3, \$1 kids 12-16, free to kids under 12. hbmycologicalsociety.org.

FOR KIDS

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. 503-828-7421.

Plantsgiving Potluck. 2-4 p.m. Humboldt Area Foun-

dation, 363 Indianola Road, Bayside. The Humboldt Vegetarian Society hosts its annual vegan potluck. Bring a dish to share (no meat, fish, dairy, eggs, honey or gelatin), as well as your own plates, cups and utensils. Free. humboldtveg2@yahoo.com. humboldtveg.blogspot.com. 832-8907.

HOLIDAY EVENTS

Holiday Craft Fair. 10 a.m.-3 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. See Nov. 22 listing.

OUTDOORS

Bear River Ridge Bird Walk. 8:30 a.m.-2 p.m. Fernbridge Market, 623 Fernbridge Drive. Meet leader Rob Fowler across from the Fernbridge Market and tour the open prairies and forest edges for hawks, eagles and songbirds. Dress in layers and expect to return between 1 and 2 p.m. www.rras.org/calendar.html. 616-9841.

Discovering Arcata Bay Cruise. 11 a.m.-12:30 p.m. C Street Market Square, Foot of C Street, Eureka. The Madaket sets out for close encounters with the many creatures that call these waters home. Reservations required. \$20, \$18 seniors and juniors, \$12 for children 4 and older, free for children under 4. 445-1910.

ETC

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

24 **monday**

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music featuring tunes from the 1930s, '40s and '50s. Refreshments are served during break. \$4. 725-5323.

EVENTS

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Monday Night Magic Draft at NuGames Eureka every week at 6 p.m. New and seasoned players welcome. \$15. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Giant Screen Football. 4 p.m. Arcata Theatre Lounge, 1036 G St. All ages. Free with \$5 food or beverage purchase. info@arcatatheatre.com. www.arcatatheatre.com.

25 **tuesday**

FOR KIDS

Play Groups. 10-11:30 a.m. Discovery Museum, 501 Third St., Eureka. Kids ages 0-5 and their parents can enjoy

circletime, plus free play in the museum. Free. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Nov. 23 listing.

FOOD

Arcata Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. Fresh produce and live music in the afternoon. Free. www.humfarm.org. 441-9999.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary, 600 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the I Street parking lot of the Arcata Marsh. Free. 822-3475.

ETC

Board Game Night. 5-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Questions? Free Lessons? Call Peggy or Rick. 444-3161.

26 wednesday

MOVIES

Isle of the Snake People. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Sci Fi Night with zombies, snake dancers and meddling policemen from 1971. Free with \$5 food or beverage purchase. www.arcatatheatre.com.

THEATER

A Christmas Carol. 8-10:30 p.m. Ferndale Repertory Theater, 447 Main St. Charles Dickens presents a reading of his story, weaving in and out of the action as the tale unfolds. \$16, \$5. info@ferndale-rep.org. www.ferndalerep.org/season.html. 786-5483.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

FOOD

Thanksgiving Dinner. 12-4 p.m. Eureka Rescue Mission, 110 Second St. The mission serves up its annual Thanksgiving meal. Enjoy live music, food and fun. All are welcome. Free.

MEETINGS

Humboldt Green Party Monthly Meeting. Fourth Wednesday of every month, 6:30 p.m. Humboldt Greens Meeting Space, 310 H St., Arcata. Topics include election reform/ranked choice voting, economic reform and public banking. Free. dsilver@greens.org. www.humboldtgreens.org. 267-5342.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free. 497-6093

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local

Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

27 thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Nov. 20 listing.

EVENTS

Blessing of the Fleet. 10 a.m. Trinidad Head, Trinidad State Beach. Join the crews of the local fishing fleet as they give thanks for the bountiful harvest and receive a blessing for the upcoming season. Free. www.trinidad-calif.com. 677-0223.

FOR KIDS

Storytime. 10-10:45 a.m. Trinidad Library, 380 Janis Court. See Nov. 20 listing.

HOLIDAY EVENTS

Thanksgiving Day Walk. 10 a.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Stretch your legs and physically prepare yourself for the Thanksgiving gorging by taking a lap around the Arcata Marsh. Meet on the porch of the Interpretive Center. Free. 826-2359.

Turkey Trot. 8 a.m.-noon. Old Town Gazebo, Second and F streets, Eureka. Make room for stuffing! Register from 8 a.m. at Old Town Coffee and Chocolates, then stretch for a 5K walk/run at 9 a.m. \$10, \$20 with shirt. 822-3136.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Nov. 20 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Nov. 20 listing.

Check out the online calendar at northcoastjournal.com for spiritual and support group meetings and events

Heads Up...

The California Department of Fish and Wildlife is accepting entries for the California Upland Game Bird Stamp Art Contest. Entries due Dec. 12. www.wildlife.ca.gov.

The Bayside Grange wants vendors for the Holiday Handmade/Makers' Fair on Dec. 14. 822-9998.

Arcata Marsh Interpretive Center seeks artists and photographers for exhibits. 442-5444.

The Earn It, Keep It, Save It, Volunteer Income Tax Assistance Program seeks volunteers for the 2015 tax season. 269-2052.

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College of the Redwoods
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Committee members

The Redwoods Community College District Board of Trustees is seeking interested persons to serve on the Citizens' Bond Oversight Committee.

A \$40 million general obligation bond was passed by the voters on November 2, 2004.

A Citizens' Bond Oversight Committee was established to monitor and audit the use of bond proceeds in accordance with Education Code Sections 15278 et al., the Board of Trustees Policy (#BP 6740), and Administrative Procedure (#AP6740). Information regarding these policies, the general obligation bond, the committee application, and the Citizens' Oversight Committee is at www.redwoods.edu/bond/oversight/.

To obtain an application, interested persons should contact the Board through Administrative Services, Redwoods Community College District, 7351 Tompkins Hill Road, Eureka, CA 95501 or by calling 707-476-4172 or emailing lorie-walsh@redwoods.edu.

No past or present employee or official of the Redwoods Community College District shall be appointed to the Committee. Additionally, no vendor, contractor, or consultant of the Redwoods Community College District shall be appointed to the Committee.

Applicant must meet one of the following criteria:

- Active member of a bona fide taxpayer's organization.
- Active member in the support and organization of the Redwoods Community College District, such as a member of an advisory council or foundation.
- A student enrolled at Redwoods Community College District and active in a campus group.

Appointment to the committee will be by the CR Board of Trustees.

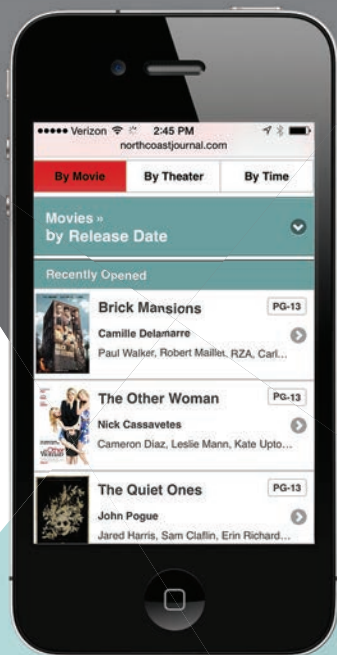
MOVIE TIMES. TRAILERS. REVIEWS.

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MovieTimes

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Browse by title,
times and theater.

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Movie Times

Film times reflect the most current listings as of Tuesday afternoon. As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456

Beyond the Lights	Fri-Tue: (1:05, 3:45), 6:40, 9:25
Big Hero 6	Fri-Tue: (11:40a.m., 12:45, 2:15, 3:30, 4:55), 6:15, 7:35
Big Hero 6 3D	Fri-Tue: 8:55
Dear White People	Fri-Tue: (3:10), 9:10
Dumb and Dumber To	Fri-Tue: (12, 1:15, 4), 6:45, 8:30, 9:30
Fury	Fri-Tue: (11:55a.m.), 5:55
Gone Girl	Fri-Tue: (11:50a.m.), 6
Horrible Bosses 2	Tue: 7
The Hunger Games: Mockingjay - Part 1	Fri-Tue: (11:30a.m., 12:20, 2:25, 3:20), 5:20, 6:20, 8:20, 9:15
Interstellar	Fri-Tue: (12:10, 1, 3:55, 4:45), 8
John Wick	Fri-Tue: (2:35), 7:10
Nightcrawler	Fri-Tue: (3), 9
Ouija	Fri-Tue: 5, 9:40
St. Vincent	Fri-Tue: (12:40, 3:15), 5:45, 8:15

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-2222

Big Hero 6	Fri-Mon: (11:45a.m., 12:45, 2:30, 3:30), 5:10, 6:10, 7:45, 8:50; Tue: (11:45a.m., 12:45, 2:30, 3:30), 5:10, 7:45, 8:50
Dumb and Dumber To	Fri-Tue: (12:30, 1:30, 3:10, 4:10), 5:50, 6:50, 8:35, 9:30
Horrible Bosses 2	Tue: 7
The Hunger Games: Mockingjay - Part 1	Fri-Tue: (11:30a.m., 12:20, 2:25, 3:20), 5:20, 6:20, 8:20, 9:15
Interstellar	Fri-Tue: (1, 4:40), 5:40, 8:30
Nightcrawler	Fri-Tue: (12:10, 2:55), 9:20

Minor Theatre

1001 H St., Arcata, (707) 822-3456

Birdman	Fri: (3:20), 6:10, 9; Sat-Sun: (12:30, 3:20), 6:10, 9; Mon-Tue: (3:20), 6:10, 9
The Hunger Games: Mockingjay - Part 1	Fri: (2:55), 5:50, 8:45; Sat-Sun: (12, 2:55), 5:50, 8:45; Mon-Tue: (2:55), 5:50, 8:45
Interstellar	Fri: (4:20), 8; Sat-Sun: (12:45, 4:20), 8; Mon-Tue: (4:20), 8

Fortuna Theatre

1241 Main St., (707) 725-2121

Big Hero 6	Fri: (5:15), 7:45; Sat-Tue: (12:10, 2:45, 5:15), 7:45
Dumb and Dumber To	Fri: (4:05), 6:50, 9:30; Sat: (1, 4:05), 6:50, 9:30; Sun-Mon: (1, 4:05), 6:50; Tue: (1, 4:05), 6:50
Horrible Bosses 2	Tue: 7
The Hunger Games: Mockingjay - Part 1	Fri: (4, 4:30, 5), 6:45, 7:20, 8, 9:40; Sat: (12:45, 1:15, 1:40, 4, 4:30, 5), 6:45, 7:20, 8, 9:40; Sun: (12:45, 1:15, 1:40, 4, 4:30, 5), 6:45, 7:20, 8, 9:40; Mon: (12:45, 1:15, 1:40, 4, 4:30, 5), 6:45, 7:20, 8, 9:40; Tue: (4, 4:30), 6:45, 7:20; Wed: (12:45, 1:15, 1:40, 4, 4:30, 5), 6:45, 7:20, 8; Thu: (12:45, 1:15, 4, 4:30), 6:45, 7:20
Interstellar	Fri: (3:30), 7:15; Sat-Tue: (12, 3:30), 7:15



THIS IS WHY YOU DON'T TALK ABOUT FIGHT CLUB.

The Birdman Cometh

Done with *Dumb and Dumber To*

By John J. Bennett

filmland@northcoastjournal.com

Reviews

BIRDMAN or (*The Unexpected Virtue of Ignorance*). I've been an admirer, if a casual, distanced one, of director Alejandro González Iñárritu since his feature debut, *Amores Perros* (2000). His visual style and penchant for visceral, multi-arc story-telling are undeniable. Much of his work though, heady and heavy as it is, lacks the humor and irony that I feed on to survive. As I age, I find returning to *Babel* (2006) or *Biutiful* (2010) ever less likely for entertain-

ment. Not so with *Birdman*, wherein Iñárritu orchestrates a compelling marriage of style, difficult narrative stuff, fantasy and high comedy.

Actor Riggan Tompson (Michael Keaton), having made his name with a titular superhero franchise, has now burnt his bridges to it. He has decided to redefine himself, to the public, the critics and himself, as a serious dramaturge. Thanks to his best friend, attorney and producing partner Jake (Zach Galifianakis), financing and a venue have been secured to mount Riggan's adaptation of Raymond Carver's short story "What We Talk About When We Talk About Love" on Broadway. (Minor Humboldt connection there, for those keeping score.) Days before previews are set to begin, the production is in crisis. One of the lead actors just can't seem to get it right. This infuriates Riggan, who may or may not use telekinesis to injure said actor severely enough that he must be replaced. The replacement: Mike (Edward Norton), a fixture of the Great White Way, supremely talented thespian and all around megalomaniac. Mike is romantically involved, not without complications, with co-star Lesley (Naomi Watts), for whom the play represents a new career high. Mike may also have designs on Riggan's daughter Sam (Emma Stone), fresh

MOVIES

Nov. 21 - Nov. 26

f

Fri Nov 21 Kick-Ass (2010),
Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated R.

Sat Nov 22 Random Acts Of Comedy,
Doors @ 7:30 pm, Show @ 8 pm, \$6 @ door, All ages.

Sun Nov 23 The Wizard of Oz (1939),
Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG.

Mon Nov 24 Monday Night Football, Doors @ 5:20 PM,
Game @ 5:30 PM, Baltimore Ravens @ New Orleans
Saints Free w/\$5 food & bev purchase, All ages.

Wed Nov 26 Sci Fi Night ft
Isle of the Snake People (1968),
Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge
arcatatheatrelounge.com • 822-1220 • 1036 G St.

from rehab. The fourth co-star in the play, Laura (Andrea Risborough), might be pregnant with Riggan's child. Threats of a lawsuit, insufficient funding and the *New York Times'* drama reviewer loom over the production like thunderheads. Meanwhile, Riggan receives frequent counsel from his gravelly-voiced Birdman alter ego, who advises him to hang it up and slink back to Hollywood for another sequel.

Played straight, this could work perfectly well as a behind-the-scenes comedy drama about the theater, but also about life and all of its continuing crises. Iñárritu, the cast, crew and co-writers Nicolás Giacobone, Alexander Dinelaris and Armando Bo elevate the material into something greater, more complex and more fun than that. Using dazzlingly, deceptively technical camera and editing techniques, Iñárritu creates a seamless narrative continuum moving through time and space. In another context, or executed imperfectly, it wouldn't play at all, coming off like a show-offy trick. Here, though, it feels exactly right, as though the movie couldn't possibly exist in any other form. There are moments when the meta-weirdness might overwhelm some viewers, but those moments are in service of such an accomplished, fully realized, entertaining work that they are forgiven and even applauded in hindsight. (If this description seems vague, I apologize, but it is intentional. I had little idea what to expect, visually, from *Birdman*, and it came as a satisfying surprise I'd hate to ruin.)

The performances here are complex, demanding and imminently watchable. Norton seems to take great joy in playing the narcissistic cad; Watts is rangy and honest; Galifianakis gives Jake depth beyond simple line readings. The movie, though, belongs to Keaton. As my wife aptly pointed out, it's questionable whether the whole thing would even work without him and the cultural cargo the former Batman brings. Parallel backstory notwithstanding, he once again proves that he's got the goods, ranging from the high comedy that made him famous in the first place — *Night Shift* (1982) is one of my particular favorites — to the weird gravitas that made his Batman so effective, to raw, exposed late-middle age regret so authentic it actually hurts to watch. R. 120m.

DUMB AND DUMBER TO. I am old enough to have seen *Dumb and Dumber* (1994) in the theater, and young enough to still remember it fondly. I haven't revisited it in the intervening decades, but the Farrelly brothers comedies of that period, from *Kingpin* (1996) and *There's Something About Mary* (1998) to *Me, Myself and Irene* (2000), hold up pretty well. This, though, will not.

Lloyd Christmas (Jim Carrey), having

spent 20 years in a fake catatonic state as a prank on hapless Harry Dunne (Jeff Daniels), has decided the joke's gone on long enough. He "wakes up," allowing an opportunity for a real zinger of a pulling-out-the-catheter gag. Harry re-introduces Lloyd to their life, which has changed precious little in two decades. Harry had to take a roommate who, in a one-note joke, turns out to be a *Breaking Bad*-style meth cook. And, oh yeah, Harry needs a kidney transplant, so it's off on another even more loosely connected series of cross-country incidents.

It's not worth getting into the details. See it if you feel so compelled (a lot of other people have), but know that I was willing to meet this thing on its own terms, and in short order it nearly put me to sleep. PG13. 109m.

Previews

THE HUNGER GAMES: MOCKINGJAY PART 1. Katniss (Jennifer Lawrence) is back as the poster girl for revolution in this, the penultimate installment of the YA dystopian adventure franchise. PG13. 116m.

Continuing

BEYOND THE LIGHTS. Depressed pop star and a cop fall in love. PG13. 116m.

BIG HERO 6. A boy and his inflatable robot are out save San Fransokyo with Disney-Marvel-level color and slickness. PG. 108m.

DEAR WHITE PEOPLE. African-American college students stir things up at an Ivy-League school in this "post-racial" satire. R. 108m.

FURY. Director David Ayer's fine drama about the simple evil of war and the complex team of men who fight. Starring Brad Pitt. R. 134m.

GONE GIRL. An engaging and tightly controlled thriller with standout performances from Ben Affleck and Rosamund Pike. R. 149m.

INTERSTELLAR. A beautiful, ambitious movie experience about a pair of astronauts (Matthew McConaughey and Anne Hathaway) searching for habitable planets. PG13. 169m.

JOHN WICK. Keanu Reeves is the eponymous badass avenging his dog. Stylish action with brilliant choreography and stunts. R. 101m.

NIGHTCRAWLER. A taut, well-crafted, character-driven film noir with Jake Gyllenhaal as a shady freelance news photographer. R. 117m.

OUIJA. Maybe just play Trivial Pursuit. PG13. 90m.

ST. VINCENT. Bill Murray plays a grumpy neighbor turned mentor in this sweet, well-observed and well-acted story. PG13. 103m.

—Jennifer Fumiko Cahill

workshops & CLASSES

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Arts & Crafts

CERAMIC SCULPTURE W/CHRIS FORTIN. Fri.'s, 9 a.m.-noon, Jan. 9 - Feb. 13, \$165. Open to all levels of experience. Class will focus on the fine art of sculpture. Students will learn a variety of skills including building and altering techniques, textures and surface treatments and more. 520 South G St., Arcata, (707) 826-1445. visit www.fireartsarcata.com for a full class description. (AC-0101)

CREATING WITH CLAY- FREE. 1st & 3rd Thurs., 6:30-8:30 p.m. Members & Friends of Fire Arts. Join Fire Arts members for an evening creating whimsical and fun ceramic projects. All ages welcome. Attend 3 workshops, receive a final product free! Limited 8 students per class. 520 South G St. Arcata, (707) 826-1445, www.fireartsarcata.com (AC -1120)

WHEEL THROWING 1 & 2 W/ PEGGY LOUDON. Three Wed. classes : Jan. 7- Mar. 11, (10 weeks, 9-11 a.m., 11:30 a.m.-1:30 p.m. and 2-4 p.m., One Thurs. class: Jan 8 - Mar 12, (10 weeks) 5:30 - 7:30 p.m., \$185. Join Peggy for this complete intro. to basic wheel-throwing and glazing techniques. Perfect for beginning and returning students, class will put you on the road to developing your own personal style. Fire Arts Center, 520 South G St., Arcata 826-1445. www.fireartsarcata.com (AC-0101)

THE ALLURE OF THE ALTERED POT. \$185, Tues.'s 10 a.m.-noon, Jan 6-Mar 10. Susan Beecher a nationally recognized studio potter whose work has appeared in more than 100 national juried and invitational exhibitions will be teaching at the Fire Arts Center 520 South G St., Arcata. For a full class description visit www.fireartsarcata.com (AC-0101)

PLAYING WITH CLAY FOR GROWN-UPS. Two classes offered (5 weeks each), \$90, Thurs.'s, 10 a.m.-noon, Jan. 8 - Feb. 5, w/ Margo Whitcomb, and Feb. 12 - Mar. 12, W/ Diane Sonderegger. Here's your chance to have some fun and get your hands dirty! We'll cover the basics of hand building in an informal, non-threatening setting. A variety of indoor and outdoor projects will be introduced and your ideas are welcome. Class is fun and a low stress intro. to ceramic art. Fire Arts Center, 520 South G St., Arcata. (707) 826-1445. www.fireartscenterarcata.com (AC-0101)

Communication

BENEFITS OF THANKFULNESS EXPLORED AT LIFE-TREE CAFÉ. The power of thankfulness will be discussed Sun. Nov. 23, 7 p.m. The program, titled "The Power of Thankfulness," includes the filmed story of Trista Sutter's life after appearing on The Bachelorette and her subsequent \$4 million televised wedding. Lifetree participants will consider how thankfulness might impact their own lives and explore practical ways to develop an attitude of gratitude. Admission free. Coffee and snacks. Located on the corner of Union and 13th St., Arcata. Lifetree is a Conversation Café. Contact Bob at (707) 672-2919 or bobdipert@hotmail.com

Computer

BEGINNING WORD 2013. Dec 2, 3 & 4, 5:30- 8:30 p.m., Fee: \$85 Learning Microsoft Office 2013's WORD Program, Word skills can be used in other programs such as Open Office, older versions of Microsoft Office, and Google Documents. Call 476-4500 to register (CMP-1120)

INTERMEDIATE WORD 2013. Dec. 10, 11 & 12, 2014, 5:30 - 8:30 p.m., Fee: \$85 Create stunning professional presentations, the basics of mail merge, how to competently design a multipage project in Word, the conquering of headers & footers, pagination, and track-changes; plus an overview of the flexibility of using Microsoft Office with other software options including Google Docs. Call 476-4500 to register (CMP-1120)

continued on next page ►

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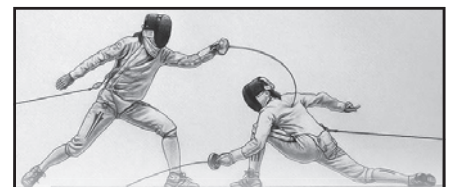
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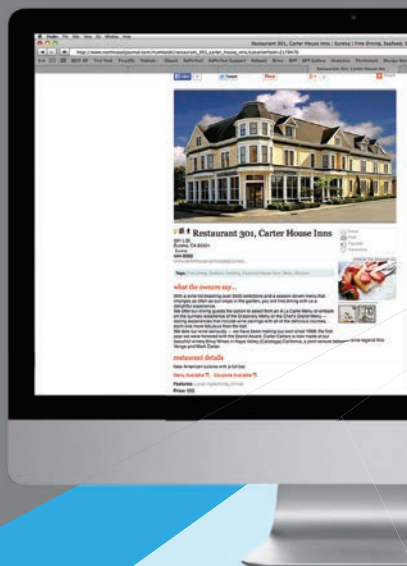
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RESTAURANTS



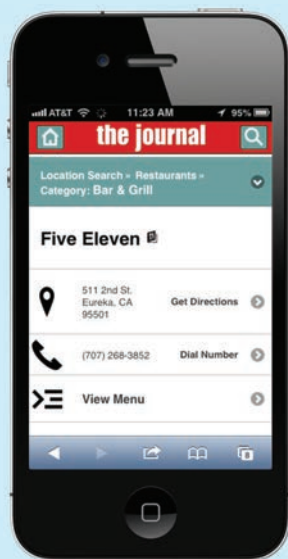
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OF THE NORTH COAST

workshops & CLASSES

continued from previous page

Dance/Music/Theater/Film

DANCE SCENE STUDIOS. Excellent instruction in Ballet, Creative Dance, Hip Hop, Belly Dance, Pilates, Jazz, Adult Ballet, Senior Ballet. 1011 H St., Eureka. www.DanceEureka.com (707) 502-2188. (DMF-0101)

DANCE WITH DEBBIE. Take advantage of our December Holiday special: \$30/person/month. Tuesdays = East Coast Swing. Thursdays= Foxtrot. Beginners 7-8 p.m., Interm. 8-9 p.m., We give private lessons, too. (707) 464-3638, debbie@dancewithdebbie.biz (DMT-0129)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-1127)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, 616-6876. (DMT-1225)

STEEL DRUM CLASSES. Weekly Beginning Class: Fri's., 11:30 a.m.-12:30 p.m., \$50. Beg/Int, continuing students: Mon's., 7-8 p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0129)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout, and a very chill environment. Ages 8 and up. 1459 M St., Arcata. Contact Justin (707) 601-1657 text or phone, or email northcoastfencingacademy@gmail.com (F-0129)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids and adults, child care, fitness gym, and more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1225)

YOGA SPECIALS! New to Inner Freedom Yoga or haven't been to us for over 3 months? Take advantage of a 10-class pack for only \$85. Available through Nov. 30, Expires Feb. 28, 890 G St., Arcata. 440-2111. www.innerfreedomyoga.com (F-1113)

ZUMBA WITH ANN! Zumba Fitness, Mon., Arcata Vets Hall; Zumba Toning (light weights provided). Thurs., Redwood Raks Dance Studio, both classes 5:30-6:30 p.m., \$6, drop-in, everyone welcomed & no membership req! Punch cards avail. Ann has over 20 yrs. dance/fitness instr. Questions call Ann (707) 845-1055, annyoumans.zumba.com (F-1120)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1120)

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Holidays

CREATIVE REUSE HOLIDAY CLASSES. At SCRAP Humboldt! Check out our full list of classes at scraphumboldt.org/reworkshop

Kids & Teens

CERAMICS FOR OLDER KIDS, AGES 7-12 W/BOB RAYMOND. (Four 5-week classes offered) \$80 per class. 4-6 p.m., Mon.'s Jan. 5- Feb. 2, Feb. 9- Mar. 9, Tues.'s Jan. 6- Feb. 3, and Feb. 10- Mar. 10. Adventure with clay: Learn various hand building and wheel-throwing techniques. Fire Arts Center, 520 South G St., Arcata, (707) 8261445. www.fireartsarcata.com (K-0101)

JOIN THE JUNIOR CREW TEAM! Meets Mon.-Fri. Ages 11 and up. For more information call Head Coach Scott Gibson at (707) 845-4752. Humboldt Bay Rowing Association, www.hbra.org. (K-1204)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

BOOK ARTS: HOLIDAY CARD EXTRAVAGANZA. Join Michele Olsen and Sandy Vrem for a fun workshop on making special cards for any holiday occasion. Make a variety of cards that can be displayed or mailed. Tues., Dec. 2, 1-4 p.m. OLLI Members \$30/non-members \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-1127)

FREE MEDICARE PART D DROP IN CLINIC. Offered by Area 1 Agency on Aging. Bring your Medications and Medicare Card to 434 7th St., Eureka, and a HICAP Counselor will help you figure out which Part D plan will best meet your needs for 2015. Annual Enrollment Period Oct. 15-Dec. 7. Clinic Dates: Oct. 25, Nov. 15, Dec. 6. 9 a.m.-1 p.m. Call AIAA at 444-3000 with questions. (O-1205)

GENTLE YOGA. Learn the basic foundation, the use of props, correct alignment, conscious, relaxed breathing and all of the basic stretches. With Patricia Starr. Mon.'s, Dec. 1-15, 1-2:30 p.m. OLLI Members \$50/non-members \$75. OLLI: 826-5880, www.humboldt.edu/olli (O-1127)

HISTORIC INNS OF THE NORTH COAST: The Histories and Hidden Stories of Local Hostels. Discover the Eureka Inn. Thurs., Dec. 4, 1-4 p.m. Join Teresa Porter for a lecture, historic tour and afternoon tea. OLLI Members only \$40. OLLI: 826-5880, www.humboldt.edu/olli (O-1127)

MACHU PICCHU & THE RISE & FALL OF THE INCA EMPIRE: Tour Without the Airfare. Join Rick Vrem and Rollie Lamberson to explore the short history of the Inca empire of the Andes of Peru and Ecuador. Tues., Dec. 9, 6-8 p.m. OLLI Members \$30/non-members \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-1127)

THE BATTLE OF CULLODEN MOOR, THE END OF THE STUART DYNASTY & AMERICAN INDEPENDENCE. Discover the story behind the the exiled Bonnie Prince Charlie, a claimant to the British throne. With Michael Cooley. Mon., Dec. 1, 4-6 p.m. OLLI \$45/non-members \$70. OLLI: 826-5880, www.humboldt.edu/olli (O-1127)

Spiritual

ARCATA ZEN GROUP MEDITATION. ARCATA: **We've Moved! Sun's., 7:55 a.m. meditation is now at Trillium Dance Studio**, 855 8th St (between the Post Office and Rita's Restaurant). Dharma talks are offered twice a month. For more information call 826-1701 or visit arcatazengroup.org. EUREKA: Wed's., 5:55 p.m., First Methodist Church, enter single story building between F & G on Sonoma St, room 12. For more information call 845-8399 or visit barryevans9@yahoo.com. Beginners welcome. (S-1225)

COLOR HARMONICS. A Workshop with Tashina Wilkinson from Oregon. Sat. Nov. 29. 12:30 - 3:30 p.m. Learn colors, fabrics, and more that will illuminate your most authentic beauty. \$40, if paid by Nov. 23, \$50 after. 890 G St, Arcata plaza. www.innerfreedomyoga.com. (S-1120)

COME HOME TO YOURSELF: WOMEN'S EMPOWERMENT SERIES W/ROBYN SMITH. STARTS JAN. 20. Deepen your relationship with yourself, uncover blocks to your creativity and evolution, and make transformative shifts towards living in alignment with your heart. www.innerfreedomyoga.com (S-1120)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are a diverse congregation welcoming all people. Our mission is to promote personal and spiritual growth as well as a peaceful, sustainable, and socially just world. Come see for yourself on a Sun. morning. 9 a.m. meetings include child care. Children's & teen's Religious Education classes are available during our 11 a.m. meetings. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0129)

KDK ARCATA BUDDHIST GROUP. Under the direction of Lama Lodru Rinpoche. We practice Tibetan meditation, followed by discussion. All are welcome. For more info contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com. Sun's., 6 p.m. Community Yoga Center 890 G St, Arcata. Our webpage is www.kdkarcatagroup.org (S-0126)

MINDFULNESS MEDITATION. Mon's at Community Yoga Center, 890 G St., Arcata, 4 p.m.-5:10 p.m. Wed's at Essential Elements, 1639 Central Ave, McKinleyville, 4 p.m.-5 p.m. \$5-\$10 sliding scale. No sign-up necessary, drop-in anytime. Heidi Bourne, (707) 498-5562 mondaymindfulness.blogspot.com

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m.-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-0129)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0129)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844-442-0711. (T-1127)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m. at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-0129)



SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0129)

SMOKING POT? WANT TO STOP?
www.marijuana-anonymous.org (T-0228)

Vocational

MEDICAL ASSISTING INFORMATIONAL MTG. Wed. Dec. 3, 2014 3-5 p.m. CR Community Education, 525 D Street Eureka. Call 476-4500 for more info. (V-1120)

PHLEBOTOMY TRAINING INFORMATIONAL MTG. Wed. Dec. 10, 2014 6 p.m.-8 p.m. CR Main Campus, Performing Arts Theatre CR introduces training to become a nationally certified Phlebotomist. The complete Phlebotomy Program consists of 90 hours of didactic instruction and a clinical rotation consisting of a minimum of 40 hours. Call 476-4500 for more info. (V-1120)

TRUCK DRIVING PROGRAM. Truck Driving informational mtgs. To be held. Plan on attending one of the following dates: Dec. 10, 15, & 17, 2014 6-8 p.m. CR Community Education 525 D St. Call 476-4500 for more info. (V-1120)

Wellness & Bodywork

DANDELION HERBAL CENTER. Classes with Jane Bothwell. Beginning with Herbs, Jan. 14-March 11, 2015, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10 Month Herbal Studies Program, Feb.-Nov. 2015, meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar, March 19-28, 2015. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Medical Cannabis Conference, April 25-26, 2015. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level. Register online www.dandelionherb.com or call (707) 442-8157. (W-1218)

JIN SHIN JYUTSU WITH DENNY DORSETT RN. Gentle, ancient, hands-on help for body and mind. \$5 lecture/demonstrations to benefit the Breast and GYN Health Project. Thurs., Oct. 16 & Nov. 20, 6:30 p.m.-8:30 p.m. At Arcata Wellness Center, 735 12th St., Arcata. No pre-registration. Door prize is a free private session. For info. call (707) 825-0824. (W-1120)

START YOUR CAREER IN MASSAGE THERAPY. Now enrolling. Daytime classes start September 2, at Arcata School of Massage. 650-Hour Therapeutic Massage Certification in California, and the National Exam. Our comprehensive program prepares your body, mind and heart to become a caring, confident professional massage therapist. Call 822-5223 for information or visit arcatamassage.com (W-0129)

THANKSGIVING SPECIALS AT OM SHALA YOGA. From November 21-30, purchase a 10 class pass for \$110. You are also invited to join the Gratitude Flow yoga class on Thanksgiving Day from 10-11:30 a.m., with Peggy Profant. 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (W-1120)

YOGA FOR ABSOLUTE BEGINNERS. AT OM SHALA YOGA. On Mon. and Wed.'s 7 p.m.- 8:15 p.m. Learn in a safe and supportive environment. No experience or flexibility required! 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (W-1120)

YOGA: AN INVESTMENT IN WISDOM WITH DESIREE RUMBAUGH. At Om Shala Yoga and Inner Freedom Yoga, Arcata. Fri., Nov. 21 - Sun., Nov. 23. Desiree has a well-earned reputation for deepening the newest to the most seasoned practices. 825-YOGA (9642), www.omshalayoga.com (W-1120)

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LEGAL NOTICES
CONTINUED ON NEXT PAGE

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF KEVIN LEE BRUNSON, AKA KEVIN L. BRUNSON, AKA KEVIN BRUNSON CASE NO. PR140261

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, KEVIN LEE BRUNSON, aka KEVIN L. BRUNSON, aka KEVIN BRUNSON A PETITION FOR PROBATE has been filed by RONALD BRUNSON AND NANCY A. BRUNSON In the Superior Court of California, County of Humboldt. THE PETITION FOR PROBATE requests that NANCY A. BRUNSON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on December 4, 2014 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by

the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: Bradford C. Floyd, SBN # 136459 Law Office of Bradford C. Floyd. 819 Seventh Street Eureka, CA. 95501 (707) 445-9754

October 30, 2014
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

11/6, 11/13, 11/20/2014 (14-318)

NOTICE OF PETITION TO ADMINISTER ESTATE OF ELMER GARY DAVIS, SR. CASE NO. PR140276

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, ELMER GARY DAVIS, SR. A PETITION FOR PROBATE has been filed by DEBORA LYNN STUART In the Superior Court of California, County of Humboldt. THE PETITION FOR PROBATE requests that DEBORA LYNN STUART

Be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on December 4, 2014 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the

personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Kelly M. Walsh, SBN#159155 Mathews, Kluck, Walsh & Wykle, LLP 100 M Street Eureka, CA. 95501 (707) 442-3758 November 07, 2014
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

11/13, 11/20, 11/27/2014 (14-327)

PUBLIC SALE

Fortuna Mini Storage located at 1799 Smith Lane Fortuna CA will be holding the following Storage unit lien sales: on Wed. Dec. 3, 2014 at 10:30 a.m.

Marcia Pryor- Unit #36, Personnel Items
Kristiane Sapiente- Unit #39, Personnel Items
Greg Cleaver- Unit #57, Personnel Items
Andrew R Del Monte
Broker/ DRE# 01331592
Apex Real Estate Inc
927 Main Street
Fortuna CA 95540
(707) 726 7800

11/13, 11/20/2014 (14-322)

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TS# 14-2075 NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED: 7/3/01. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any shown herein. Trustor: Bill. I. Jones, Jr., an unmarried man Duly Appointed Trustee: Foreclosure Specialists LLC Recorded 8/28/01 as Instrument No. 2001-21758-4 of Official Records in the office of the Recorder of Humboldt County, California, Date of Sale: Thursday, December 4, 2014 at 10:30 a.m. Place of Sale: On the steps to the front entrance to the County Courthouse, 825 5th Street, Eureka, CA 95501 The common designation of the property is purported to be: 2638; 2640; and 2644 Myrtle Avenue, Eureka, CA 95503 APN: 016-222-020 Estimated opening bid: \$172,753.73 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727 or visit this Internet Web site: calforeclosures.biz, using the file number assigned to this case: TS # 14-2075. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 11/6/14 FORECLOSURE SPECIALISTS LLC 1388 Court Street, Ste C Redding, CA 96001 530-246-2727 Janelle Van Bockern, Trustee Sale Officer Foreclosure Specialists LLC is assisting the Beneficiary in collecting a debt. Any and all information obtained may be used for that purpose. TAC: 970432 PUB: 11/13, 11/20, 11/27/14.

11/13, 11/20, 11/27/14 (14-325)



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Notice of Warehouseman Lien sale

1964 Rivera UF, Decal # LBI5904, Serial # S2148, HUD label # A103248. Advertised for sale and being sold in accordance with the California Commercial Code Section 7209 and 7210, at 1201 Allard Ave, Eureka CA 95503 on November 28, 2014 at 9:00 am. Proceeds of the sale shall be applied to the satisfaction of the lien, including reasonable charges of notice, advertisement and sale. All buyers present on date of sale must present certified proof of funds. Registered Owners: Kimberley and David Olson; Warehouseman: B. Cadranel, agent for Eureka Housing Partners I, LLC dba Eureka Mobile Village, Warehouseman, 3511 Del Paso Rd. Ste 160 Rm 240, Sacramento, CA 95835. (916) 928-3391.

11/13, 11/20/2014 (14-320)

ABANDONMENT FICTITIOUS BUSINESS NAME STATEMENT 13-00107

The following persons are doing Business as **REDWOOD READING SOLUTIONS**, Humboldt at 665 F Street, Suite C, Arcata, CA. 95521, **Sherry L. McCoy** **2160 Lexington Court McKinleyville, CA. 95519** **Kirsten L. Hartlein Allen** **2677 Elizabeth Rd. McKinleyville, CA.95519** The business is conducted by Copartners The date registrant commenced to transact business under the fictitious business name or name listed above on 02/19/14 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Sherry L. McCoy, Owner This statement was filed with the County Clerk of Humboldt County on October 28, 2014 CAROLYN CRNICH Humboldt County Clerk

11/6, 11/13, 11/20, 11/27/2014 (14-316)

FICTITIOUS BUSINESS NAME STATEMENT 14-00601

The following persons are doing Business as **EUREKA COMMUNITY HEALTH CENTER**, Humboldt at 2200 Tydd Street, Eureka, CA. 95501, 670 9th. Street, Suite 203, Arcata, CA. 95521 **Open Door Community Health Centers** **670 9th Street, Suite 203 Arcata, CA. 95521** **#0615813** The business is conducted by A Corporation The date registrant commenced to transact business under the fictitious business name or name listed

above on 8/1/1991 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Cheyenne Spetzler, C.O.O This statement was filed with the County Clerk of Humboldt County on October 15, 2014 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-310)

FICTITIOUS BUSINESS NAME STATEMENT 14-00602

The following persons are doing Business as **FERNDAL COMMUNITY HEALTH CENTER**, Humboldt at 638 Main Street, Ferndale, CA. 95536, 670 9th Street, Suite 203, Arcata, CA. 95521 **Open Door Community Health Centers** **670 9th Street, Suite 203 Arcata, CA. 95521** **#0615813** The business is conducted by A Corporation The date registrant commenced to transact business under the fictitious business name or name listed above on n/a I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Cheyenne Spetzler, C.O.O This statement was filed with the County Clerk of Humboldt County on October 15, 2014 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-310)

FICTITIOUS BUSINESS NAME STATEMENT 14-00603

The following persons are doing Business as **FORTUNA COMMUNITY HEALTH CENTER**, Humboldt at 3304 Renner Drive, Fortuna, CA. 95540, 670 9th. Street, Suite 203, Arcata, CA. 95521 **Open Door Community Health Centers** **670 9th Street, Suite 203 Arcata, CA. 95521** **#0615813** The business is conducted by A Corporation The date registrant commenced to transact business under the fictitious business name or name listed above on n/a I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to

Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Cheyenne Spetzler, C.O.O This statement was filed with the County Clerk of Humboldt County on October 15, 2014 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-311)

FICTITIOUS BUSINESS NAME STATEMENT 14-00612

The following persons are doing Business as **MING TREE REALTY OF MCKINLEYVILLE**, Humboldt at 1629 Central Avenue, McKinleyville CA. 95519 **Sylvia L. Garlick** **500 Orchard Lane McKinleyville, CA. 95519** **Michael A. Novak** **1210 School Road McKinleyville, CA. 95519** The business is conducted by A General Partnership The date registrant commenced to transact business under the fictitious business name or name listed above on 2/14/1997 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Sylvia L. Garlick, Broker/ Owner This statement was filed with the County Clerk of Humboldt County on October 20, 2014 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-313)

FICTITIOUS BUSINESS NAME STATEMENT 12-00442

The following persons are doing Business as **COAST COUNTIES PETERBILT**, Humboldt at 2660 Jacobs Avenue, Eureka, CA. 95501, PO Box 757, San Jose, CA. 95106 **Coast Counties Truck & Equipment Co.** **1740 N 4th Street San Jose, CA. 95112** The business is conducted by A Corporation The date registrant commenced to transact business under the fictitious business name listed above on 4/1/12 /s/ Allison Dozier, Secretary-Treasurer This statement was filed with the County Clerk of Humboldt County on July 26, 2012 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-314)

FICTITIOUS BUSINESS NAME STATEMENT 14-00619

The following person is doing Business as **PLANTS OUR MEDICINE**, Humboldt at 767 Sunset Ln., Willow Creek, CA. 95573, PO Box 1254, Willow Creek, CA. 95573 **Kathleen M. Maguire Sonn** **767 Sunset Ln. Willow Creek, CA. 95573** The business is conducted by An Individual The date registrant commenced to transact business under the fictitious business name or name listed above on 09/01/2014 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Kathleen M. Maguire Sonn, Owner This statement was filed with the County Clerk of Humboldt County on October 27, 2014 CAROLYN CRNICH Humboldt County Clerk

11/13, 11/20, 11/27, 12/4/2014 (14-328)

FICTITIOUS BUSINESS NAME STATEMENT 14-00611

The following persons are doing Business as **REVOLUTION CUSTOMS**, Humboldt at 100 Airport Way, Fortuna, CA. 95540 **Harry T. Smith** **2540 Dennis Ct. Fortuna, CA. 95540** **Levi C. Whitlow** **30 A St. Miranda, CA. 95553** The business is conducted by A General Partnership The date registrant commenced to transact business under the fictitious business name or name listed above on n/a I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s/ Harry T. Smith, Owner This statement was filed with the County Clerk of Humboldt County on October 20, 2014 CAROLYN CRNICH Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-308)



@ncj_of_humboldt



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FICTITIOUS BUSINESS NAME STATEMENT 14-00620

The following persons are doing Business as **REDWOOD READING SOLUTIONS**, Humboldt at 665 F Street, Suite C, Arcata, CA. 95521, **Sherry L. McCoy**
2160 Lexington Court
McKinleyville, CA. 95519
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Sherry L. McCoy, Owner
This statement was filed with the County Clerk of Humboldt County on October 28, 2014
CAROLYN CRNICH
Humboldt County Clerk

11/6, 11/13, 11/20, 11/27/2014 (14-317)

FICTITIOUS BUSINESS NAME STATEMENT 14-00643

The following persons are doing Business as **THE BUD SISTERS**, Humboldt at 72 West Coast Rd. # 25/ PO Box 1974., Redway, CA. 95560, PO Box 1974, Redway, CA. 95560
Joyce M. Centofanti
72 West Coast Rd., #25
Redway, CA. 95560
Beryl Nyce
828 Maple Lane
Garberville, CA. 95542
The business is conducted by Copartners
The date registrant commenced to transact business under the fictitious business name or name listed above on 11/7/2014
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Joyce M. Centofanti, Co-Owner
This statement was filed with the County Clerk of Humboldt County on November 07, 2014
CAROLYN CRNICH
Humboldt County Clerk

11/13, 11/20, 11/27, 12/4/2014 (14-326)

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FICTITIOUS BUSINESS NAME STATEMENT 14-00614

The following person is doing Business as **CASTLEWARE**, Humboldt at 1610 K St, Eureka CA. 95501
Maureen L. Smithey
1610 K St.
Eureka, CA. 95501
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on March 2006
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Maureen Smithey, Owner
This statement was filed with the County Clerk of Humboldt County on October 20, 2014
CAROLYN CRNICH
Humboldt County Clerk

10/30, 11/6, 11/13, 11/20/2014 (14-309)

FICTITIOUS BUSINESS NAME STATEMENT 14-00618

The following person is doing Business as **EEL VALLEY PLUMBING**, Humboldt at 812 8th St., Fortuna, CA. 95540,
Jeremiah J. James
812 8th St.
Fortuna, CA. 95540
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Jeremiah James, Owner
This statement was filed with the County Clerk of Humboldt County on October 27, 2014
CAROLYN CRNICH
Humboldt County Clerk

11/13, 11/20, 11/27, 12/4/2014 (14-324)

FIELD NOTES



KELSEY NATIONAL RECREATION TRAIL, RISING 4,000 FEET IN 8 MILES BETWEEN SCOTT RIVER AND PARADISE LAKE, PASSES THROUGH ALPINE MEADOWS BOUNDED BY SHASTA RED FIR AS IT APPROACHES THE LAKE. PHOTO BY BARRY EVANS

The Kelsey Trail

By Barry Evans

fieldnotes@northcoastjournal.com

Ask *Yahoo Maps* for directions from Crescent City to Fort Jones, and you'll be sent on a 180-mile semi-circular trek across State Route 199 and down I-5. You can, if you have the time, cut it down to 140 miles on backroads, but a focused crew could simply fly 70 miles due east. Such are the topographical barriers of the Siskiyou and Marble Mountains. In the early 1850s, a dearth of roads and trails led the towns of Crescent City and Yreka to contract for the construction of a coast-to-interior pack route. The initial impetus came from the need to supply placer miners who had flocked to the Klamath and Scott Valleys following John Scott's discovery of gold at Scott's Bar in 1850. The route would also service the short-lived (1852-1858) military post of Fort Jones, 20 miles southeast of Yreka.

The man contracted to survey and build the trail was none other than the notorious "Indian killer" Ben Kelsey (1813-1889), one of the founders of Arcata in the 1850s. Kelsey probably did more to sour relations between Europeans and Native Americans in Northern California than anyone before or since. (See "Ben Kelsey: Arcata Founding Father, Trail Builder, Indian Killer," Feb. 13.) Despite this, he was hired to construct a pack trail through the Siskiyou Mountains from the Crescent City harbor to Ferry Point on the Klamath, 12 miles downstream from Happy Camp, thence over the Marble Mountains to Fort Jones.

In one intense construction season during the summer of 1855, Chinese laborers hired by Kelsey built a trail from Crescent City to Ferry Point. A fresh crew from Yreka completed the trail before the winter snows set in. (There's some question as to whether Kelsey or the army built the eastern leg of the route.) Soon, 20 to 70-mule pack trains were trudging from the coast to Fort Jones and back, making the

round trip in about three weeks at 10 to 12 miles per day. According to local environmentalist Haven Livingston, mules are excellent pack animals because "unlike a horse's scraping hoof, a mule's gait stamps straight down with all its weight, making it the ideal weight-bearing beast for the narrow and winding trail that was the original Kelsey route."

The modern route, aka the "Kelsey National Recreation Trail" shown on U.S. Geological Survey maps, is unmarked or unmaintained for much of its length, particularly through the Siskiyou Wilderness. According to an experienced hiker I met on the trail who had walked the entire route last year, much of the route follows a labyrinth of poorly mapped logging roads. Several long and steep sections are without water.

Two sections, however, are in good shape and follow the 1855 route. On the west side, a 7-mile section between Boulder Creek and Big Flat Campground was officially opened in 2011; the trailhead is 9 miles east of State Route 199 on South Fork Road. On the east side, an 8-mile, semi-maintained section of the old trail in the eastern Marble Mountains follows Kelsey Creek as it climbs 4,000 feet from Bridge Flat on the Scott River Road to Paradise Lake on the Pacific Crest Trail. (The original and now overgrown route cut off north from Kelsey Creek up Packers Valley to the Elk River via Titus Gap, then down to Ferry Point.)

Despite the unsavory reputation of the man for whom the trail is named, the two sections noted above are gorgeous, passing through primeval forest, steep gorges and alpine meadows. Hiking them today, it's hard to imagine that the original trail was an efficient "mule highway" which linked the coast and interior of Northern California well over a century ago. ●

Barry Evans (barryevans9@yahoo.com) spends part of every summer in the Marble Mountains, our backyard paradise.

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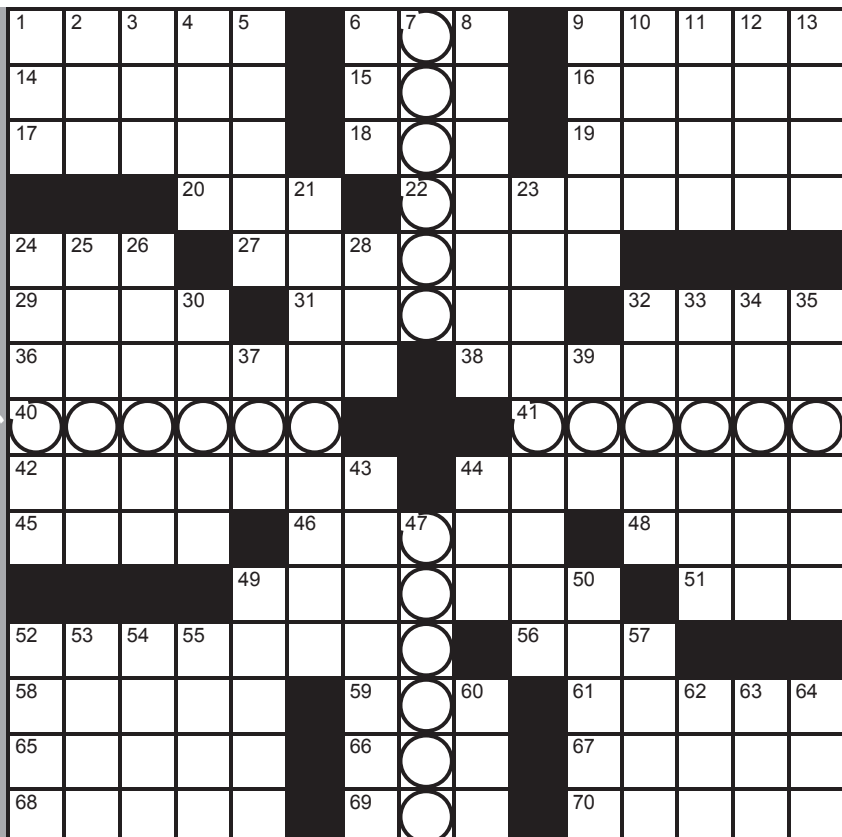


NOTICE OF CONSIDERATION GENERAL WASTE DISCHARGE REQUIREMENTS FOR ADDITION OF CHEMICAL OXIDANTS TO SOIL AND GROUNDWATER AT THE BIG OIL & TIRE, MCKINLEYVILLE BP FACILITY 2698 CENTRAL AVENUE MCKINLEYVILLE, CALIFORNIA HUMBOLDT COUNTY

The California Regional Water Quality Control Board (Regional Water Board), North Coast Region is considering the implementation of coverage for the addition of chemical oxidants (ozone) to remediate petroleum compounds in groundwater and/or soil at the above named site under General Waste Discharge Requirements (GWDR) Order No. RI-2006-0107 (Revised June 12, 2008). This remedial technique has been proposed as a corrective action to cleanup groundwater contaminated by releases from underground storage tanks and/or piping located at the active Big Oil & Tire, McKinleyville BP Facility (Case No. 1THU341, Humboldt County Local Oversight Program Case No. 12341).

Any interested party may contact David W. Parson, PG 6037, CEG 1889 with the Regional Water Board, North Coast Region at (707) 576-2556 or submit comments to his attention at the Regional Water Board office at 5550 Skylane Boulevard, Suite A, Santa Rosa, CA 95403. GWDR Order No. RI-2006-0107, related documents, and comments received are on file and may be inspected or copied at the Regional Water Board office on Mondays from 1:30 to 4:30 p.m., Tuesday through Thursday from 8:30 to 11:30 a.m. and 1:30 to 4:30 p.m., and Fridays from 8:30 to 11:30 a.m. Appointments are recommended for file review and can be made by calling (707) 576-2220. The public comment period will be completed 30-days from the issuance of this notice.

11/13, 11/20, 11/27, 12/4/2014 (14-323)



RADII

ANSWERS NEXT WEEK!

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ACROSS

1. "Gnarly! Check out the back-to-back vowels in this puzzle's aptly-arranged circled answers!"
 6. Timid
 9. Gun wielder in a 1989 Aerosmith hit
 14. The Huskies of the NCAA
 15. Rte. provider
 16. Author Jong
 17. Weigh station visitors
 18. Letters in a URL
 19. Old gold coin
 20. Steve Martin's "King ____"
 22. Immunologist's study
 24. Amigo
 27. Strong suits
 29. "____ Story" (2007) Jenna Bush

- book)
 31. France's longest river
 32. NHL great Jaromir
 36. Kaplan course, briefly
 38. Frozen food brand
 40. Going downhill fast, perhaps
 41. Like Iran's Ahmadinejad
 42. Bad traits for conductors
 44. Achromatic
 45. Lennon's in-laws
 46. Egypt's Sadat
 48. Four-time Pro Bowl player Chris
 49. Sent with a click
 51. Urban grid
 52. 1990 Best Supporting Actor winner
 56. Some Monopoly properties: Abbr.
 58. More under the

- weather
 59. Li'l Bucket offerer
 61. Deli bread
 65. Soccer star Lionel with three European Golden Shoe awards
 66. Suffix with human
 67. Painter Matisse
 68. Playing marble
 69. Some versions of Windows
 70. Singer with a Hall of fame

DOWN

1. Ukr. neighbor
 2. Whiz
 3. Suffix with serf
 4. "What's ____ for me?"
 5. "Recapping ..."
 6. Dated
 7. The Sandwich Islands, today
 8. Big bores

9. Sith rivals
 10. Cut ____ (dance)
 11. Not naughty
 12. Volunteer's offer
 13. Grub
 21. Old Western Shoe deliveries
 23. Balance keeper?
 24. Target, as a receiver
 25. Luke and Leia's father
 26. Many a Dream Act beneficiary
 28. Surpass
 30. They often have covers
 32. Locks up
 33. James Cameron hit film
 34. Prepare
 35. ____ Pieces
 37. Biol. class topic
 39. Baseball scoreboard letters
 43. Have between

- meals, say
 44. "2001" computer
 47. Nintendo product that was the subject of a study published in the Journal of Physical Activity and Health
 49. Creepy
 50. BBC time-traveling series
 52. Iwo ____
 53. Designer Cassini
 54. Snow queen in Disney's "Frozen"
 55. Irritant
 57. Former home of the Mets
 60. Alternatives to downloads
 62. Tinnitus treater: Abbr.
 63. Exist
 64. "____ the season!"

LAST WEEK'S ANSWERS TO LITTLE FRIEND



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Clubs/Orgs

FREE MEDICARE PART D DROP IN CLINIC OFFERED BY AREA 1 AGENCY ON AGING

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Opportunities



PURCHASING COORDINATOR

FoxFarm Soil & Fertilizer Company is currently seeking a Purchasing Coordinator to join our team and help us grow! Full time position includes benefits.

The Purchasing Coordinator is responsible for coordinating the activities involved with procuring goods such as raw materials, equipment, tools, parts, supplies, and services.

Duties include reviewing inventories; reviewing requisitions; communicating with vendors for product/service information; evaluating suppliers on multiple criteria to ensure best price, quality and availability of goods; coordinating with shipping department to ensure optimum efficiency in delivery; and maintaining records, databases and spreadsheets

Position requires excellent and professional communication skills, excellent research skills, an acute attention to detail, a high level of confidentiality, and excellent organizational skills. Must be a self-starter, be able to multitask, and be computer literate. Experience with Microsoft Excel, Word, and Outlook a plus.

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To apply please bring your resume and complete an Application for Employment in person at 1900 Bendixsen Street, Samoa, CA at the North Gate entrance to the Fairhaven Business Park, or visit www.foxfarmfertilizer.com for an Application for Employment. Drug screen required. EOE.

PLANNED PARENTHOOD NORTHERN CALIFORNIA (PPNORCAL) IS CURRENTLY SEEKING A PART-TIME CLINICIAN (NP/PA//CMW)

To serve our clients at our health center located in Eureka, California. The Clinician will function as part of a healthcare team and will be an integral part of the Client Services department. As a member of our reproductive health care team, this individual will deliver family planning and abortion services to our clients in accordance with affiliate-wide and center-specific protocols, policies and procedures. This is a non-exempt, part time position working 20 - 24 hours per week including evenings and Saturdays, as needed. Salary is DOE + bilingual pay differential. Please email, fax, or mail your cover letter; resume; and names of three professional references with their phone numbers directly to: Aila Gilbride-Read at agilbride-read@ppnocal.org or Fax: (707) 441-1000. EOE.

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Opportunities

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ACCOUNTANT

FT/RG KLAMATH \$44,249-\$69,969 O.U.F

HEAD START TEACHER

FT/RG KEPEL \$36,896-\$47,964 O.U.F

WATER QUALITY SPECIALIST

FT/RG KLAMATH \$19.15 FF DATE 11/23/14

ENVIRONMENTAL TECHNICIAN

FT/RG KLAMATH \$12.31/\$13.81/\$15.45/\$17.23 FF DATE 11/7/14

TANF CASEWORKER

FT/RG EUREKA \$15.45/\$17.23/\$19.15 FF DATE 11/26/14

YOUTH ADVOCATE

FT/RG KLAMATH \$13.81/\$15.45 FF DATE 11/21/14

YUROK LANGUAGE TEACHER AIDE

PT/RG KLAMATH \$13.76-\$17.90 FF DATE O.U.F

HEAD START FACILITIES COORDINATOR LEAD BUS DRIVER

FT/RG KLAMATH \$36,896-\$47,964 FF DATE O.U.F

MAINTENANCE WORKER F/RG KLAMATH

\$11.28/\$12.31 FF DATE 11/26/14

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County of Humboldt

DEPUTY BRANCH DIRECTOR

\$6,893 - \$8,845 Monthly

The current vacancy is with Public Health. This branch level management position in the Department of Health and Human Services – Public Health has responsibility for providing overall administration of assigned programs and/or administrative functions. In accordance with state and federal regulations, incumbents assume an active leadership role in program and administrative planning, development and implementation, and provide direct supervision of division managers and other personnel. Desired education and experience is equivalent to possession of a master's degree in public administration or a closely related field, and five years of full-time administrative experience in a public health, human services or related position that requires the ability to evaluate, administer and control varied and complex programs involving large expenditures of funds.

Filing deadline: December 1, 2014.

Apply online at <http://humboldt.gov/Job-Opportunities> aa/eoe Jobline: (707) 476-2357 AA/EOE

Opportunities



CITY OF EUREKA ASSISTANT RECREATION COORDINATOR - RPT

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Do you enjoy working with the public, coordinating events and activities? The City of Eureka is looking for an energetic and motivated individual to join our team at the Adorni Recreation Center. High school graduation or equivalent plus two years of experience working in community recreation programs is required.

For more information or to apply online please go to our website at www.ci.eureka.ca.gov or contact our job line at 441-4134.

**Final filing date: Wednesday,
December 3, 2014. EOE**



HUMBOLDT STATE UNIVERSITY — A California State University

Clinical Lab Scientist - Pool (Job #14-92)

Temporary on-call position in the Student Health Center laboratory. Close: 12/1/14. For more info visit: <http://apptkr.com/544544> or call 707-826-3626. HSU is an ADA/Title IX/EOE



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Visit www.hospiceofhumboldt.org to review full job description. This Position is full time, Tuesday – Saturday. Great salary and benefits. Send your letter of interest and job application to: Christine Burton, Director of Human Resources & Education, Hospice of Humboldt, 2010 Myrtle Ave., Eureka, CA 95501 (707) 441-0105 x308. Hospice of Humboldt is a drug free workplace.

Opportunities



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1 F/T Arcata

LVN

1 F/T Fortuna

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3 F/T Arcata

1 F/T Fortuna

3 F/T Eureka

MEDICAL RECEPTIONIST

1 Temp Willow Creek

1 F/T Eureka- Pediatrics,
requires Spanish language

1 F/T Crescent City

RN

1 F/T Eureka (Mobile Health Service,
Spanish Speaker preferred)

RN CLINIC COORDINATOR (SUPV)

1 F/T Willow Creek

1 F/T Eureka - Pediatrics

PHYSICIAN-FAMILY PRACTICE

1 F/T Eureka

1 F/T Arcata

1 F/T McKinleyville

1 F/T Crescent City

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RDA

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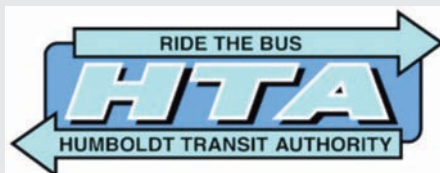


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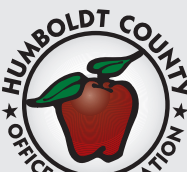
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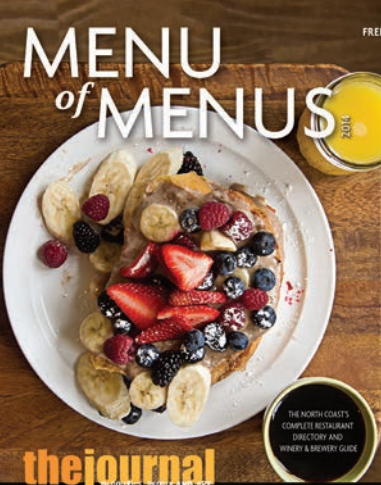
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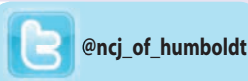
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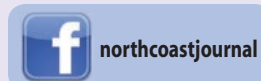
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Vacation Rentals



Ripple Creek Cabins

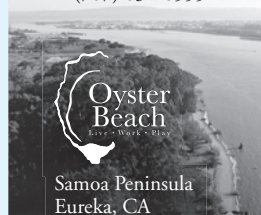
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FOR SALE BY OWNER 1517 R STREET, EUREKA 6+BR/3BA

2800 sq ft home in excellent condition, large eat in kitchen, 6 bedrooms 3 baths family room with wood stove, living room with fireplace, forced air heat, huge storage attic, fenced yard with apple trees, all appliances, all reports done, very clean in quiet neighborhood, priced below appraisal at \$275,000.

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Houses for Sale

HOME FOR SALE.
3.5 Bedroom plus loft in Eureka near Henderson Center.
\$199,000.
Please call
(707) 444-8117.

Acreage for Sale



WILLOW CREEK PROPERTY.

1.33 acres, Willow Creek Community Service District Water, underground power & phone at property. R-2 soils report and perk tested. Approved septic system design by Trinity Engineering. Property is zoned RST. Property is located off Highway 299 on private road one mile east of Willow Creek. Ready to build. \$89,900 will consider offers. (530) 629-2031

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HOUSING

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Eureka

Good rental history for these 7 units in Eureka. There are two older, small, 2 bedroom houses, one duplex with 2 bedrooms each, and a triplex with two 2 bedroom units and one 3 bedroom unit. The triplex and duplex were built in 1972. This is a nice corner property with a fenced communal courtyard. MLS#240300
\$420,000



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HYAMPOM

Gorgeous 21.73 oak studded acres in the heart of the beautiful Hyampom Valley with great location right across the road from the airport! It has rolling hills with the possibility of access

at the top from Red Bark Road which may provide building sites with a view. Power is at the road and there may be power to a seep well on the property but buyer is to do further investigation.

\$219,000 Call 530-628-5850 for details!



WEAVERVILLE

2 bed/1 bath, 1500 s.f. home with beautiful custom woodwork, bonus room, granite countertops, 12 ft. ceilings & large living room. Mountain views with USFS out your back yard, short drive to Trinity Lake. 2nd

building pad has all utilities and separate electric meter, water rights to Rush Creek, 2 stall barn w/ small corral, 12x12 shed. All on 3.3 acres.

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FORTUNA SINGLE FAMILY HOME \$499,000

Beautiful Colonial style Victorian home originally built in 1905. Many modern amenities combined with the original details and craftsmanship make this home breathtaking. Includes a one bedroom mother-in-law unit with its own entrance.

A must see grand entrance, large rooms, beautiful original woodwork, and library amongst many other improvements.



PRICE REDUCED!



WEITCHPEC LAND/PROPERTY \$129,000

Price reduction below market value! This desirable ±40 acre property located off Highway 169 boasts gorgeous river views, year round creek, access to private fishing hole and private beach, Klamath River frontage, southern exposure, sloping topography, phone and power, and county road access. Zoned 20 acre minimum. Possible owner financing. Call today for a showing!

BLOCKSBURG LAND/PROPERTY \$400,000

±80 Acres Stewart Ranch Road. Sloping land with great agricultural potential in Blocksburg. Schedule a showing to experience this parcels large open meadows, groves of Oak and Fir trees and developed well, all while enjoying the beautiful valley views!



PRICE REDUCED!



LEGGET LAND/PROPERTY \$325,000

±11 Acres Page and Gates Road, a beautiful river front property! Enjoy your summers among old growth Redwoods, in your own swimming hole, and close to one of Mendocino's State Parks. This parcel is private, easy to access and has a building site waiting for you right by the water! Call Kyla or Charlie today to schedule your private viewing!



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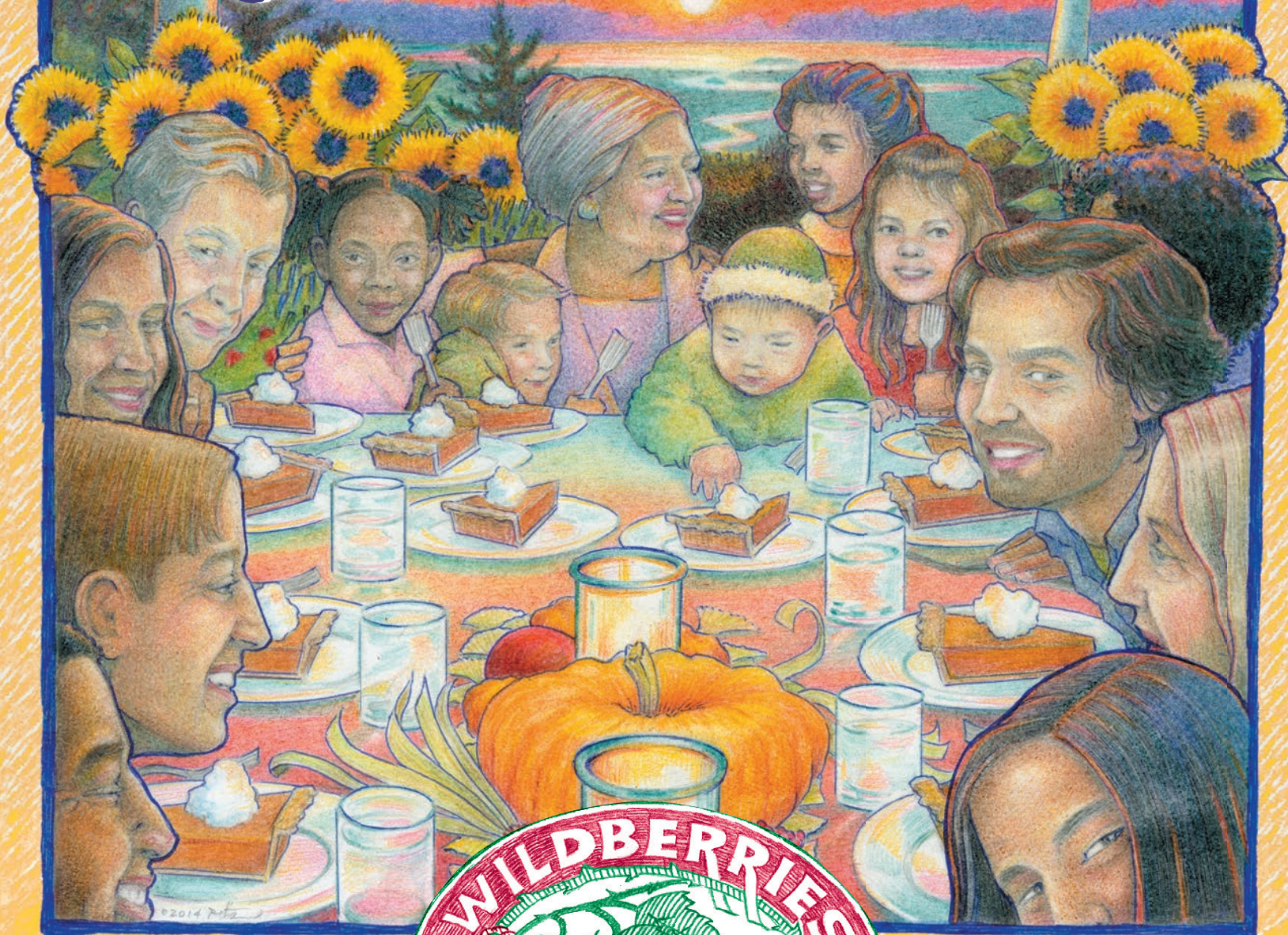


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